

2
6
0
24



VHS Guide



Digitized by the Internet Archive
in 2024 with funding from
LYRASIS and LYRASIS Members

<https://archive.org/details/virginianthe86virg>

TOC

Table of Contents

VHS Guide

The Virginian Staff

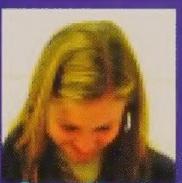
Second and Third Year



Anna Shringer



Devin Williams



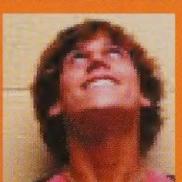
Gwen Massie



Lauren Hughes



Kristin Palmer



Brandon Pruitt



Morgan Sharp



Julie Ward

First Year



Year Book Sponsor

Kristin Palmer

Yearbook Editor

Julie Ward

Yearbook Editor

Lauren Hughes

STUDENT LIFE

OPENING

STUDENT LIFE DIVIDER

VT WEEK

HOMECOMING

VACATION

WEEKENDS

A-Z

A-Z

SUPERLATIVES

SUPERLATIVES

FRIENDS

CLASS BREAK

MUSICAL

SPORTS

FOOTBALL

CROSS COUNTRY

GOLF

BOY'S BASKETBALL

GIRL'S BASKETBALL

VOLLEYBALL

SWIMMING

WRESTLING

CHEERLEADING

ACADEMIC

ENGLISH

SCIENCE

MATH

SOCIAL STUDIES

FOREIGN LANGUAGE

ART

CHOIR

BAND

HEALTH/PE

MARKETING

TECHNOLOGY

COSMETOLOGY

JOURNALISM

CIS

CHULINARY ARTS

FITNESS

SPECIAL NEEDS

DRAMA

PSYCHOLOGY

PEOPLE

SENIORS

SENIORS

SENIOR INDEX

JUNIORS

JUNIOR INDEX

SOPHMORE

SOPHMORE INDEX

FRESHMEN

FRESHMAN INDEX

FACULTY

NEW TEACHERS

FACULTY INDEX

HALL OF FAME

TOP 10

IB

DEDICATION

BRISTOL PUBLIC LIBRARY
701 Goode Street
Bristol, Virginia 24201

Insider

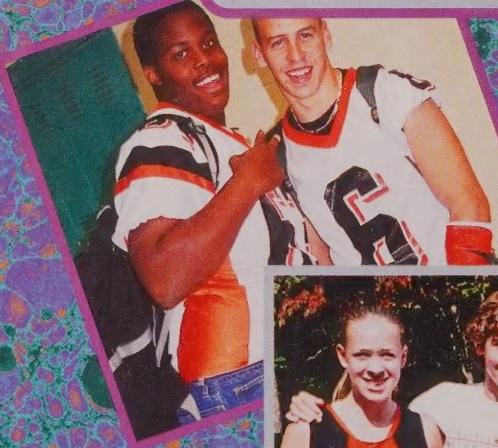
What's new
Who's hot

A year in pictures:
VHS 2003-2004

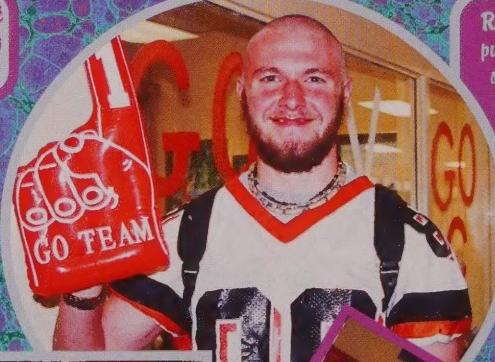
Another year, and another edition of the *Virginian*-this time, a few months sooner! Due to popular demand, the Virginia High administration and the VHS Yearbook staff concluded that it was time to approach a spring delivery. The 2003-2004 *Virginian* is filled with memories and special events from the school year. This year's theme is based upon the *TV Guide*. Each spread represents a specific television series. Just like television, the Virginia High campus provides a set for every day life of students and faculty.



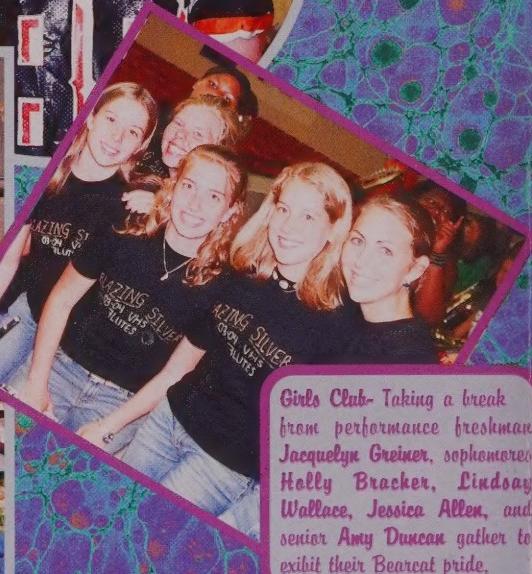
Street Smarts- On their way to class, sophomore Walt Pearson and senior TJ Slagle take a moment to goof off before putting on their thinking caps for class.



Amazing Race- Preparing to line up for their races, cross country members freshman Tonya Stallard, junior Brandon Pruitt, senior Amy Derr, and freshman Willie Oakes, save some time for team support.



Rock Me Baby- Getting pumped for the UT Game, senior Andrew Carice displays his school pride. Though defeated, the Bearcats continue to have high spirits.



Girls Club- Taking a break from performance freshman Jacquelyn Greiner, sophomore Holly Bracker, Lindsay Wallace, Jessica Allen, and senior Amy Duncan gather to exhibit their Bearcat pride.

VHS NEWS



Law and Order- This year, UHS welcomed Coach Collins. He is a new addition to the Virginia High administration as one of the Assistant Principals.



Meet the Press- Select students, administration, and PTA parents welcomed Governor Mark Warner to the VHS library in September. The Governor discussed his plans for education and was then honored by SCA representatives, Andrew Carico and Julie Ward.



Trading Spaces- As students began the new year at VHS, they took note of several new changes. Improvements such as newly painted halls, classrooms, pool, newly paved parking lots, and a flashy new trophy case gave the school a fresh new look.



"Television was the most revolutionary event of the century. Its importance was in a class with the discovery of gunpowder and the invention of the printing press, which changed the human condition for centuries afterward"

Russell Baker

Cheers- Cheerleaders need breaks too! During halftime, these girls socialize and watch the band perform. Football games not only display the talents of the football players, but the cheerleaders and band too.

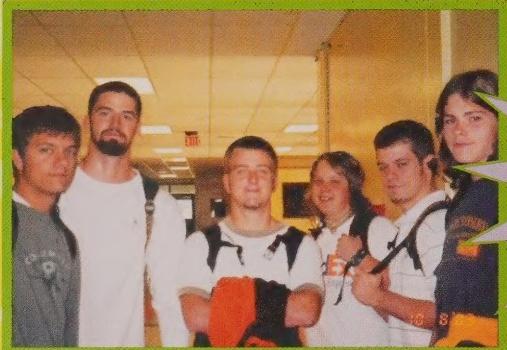
Three's Company- At the 'Stone Castle, juniors Tyler Barb, Brad McClanahan, and Justin McElroy show the Vikings who they are rooting for. These students reveal the intensity of true Bearcat spirit.

Happy Days As their final year at VHS creeps past them, seniors Tyrone Jackson, Deedle Hicks, Brittany Sourbeer, TJ Slagle, and Chris Parks enjoy their free time during lunch. Lunch always allows time for students to socialize.

Ladies Man- This trio, consisting of seniors Morgan Sharp, Russell Waddell, and Julie Ward, gather before walking with fellow members of the 2003 Homecoming Court. This event is one of the several throughout the year, which honors seniors.

04

Step by Step

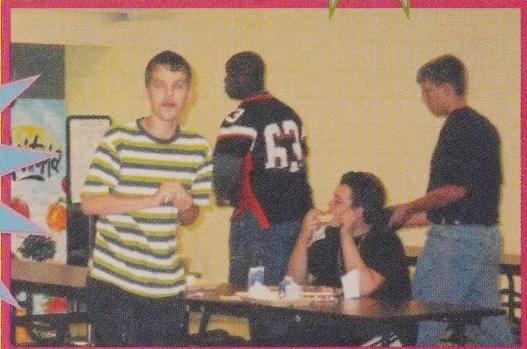


Head of the class-

Between classes, this group of seniors take time to socialize. Often times, students are only able to talk to some of their friends during class changes.

School Daze-

During lunch, freshmen Sasha Ovcharenko takes a moment to pose for camera. Lunch is one of the most valued times during the school day.



Senior Suggestions



Travis Heath

Keep working hard and don't give up before you graduate. You should plan for college and accomplish your goals. Always remember that you can succeed in anything that you put effort into."



Ryan Callanan

"Do your best because you're almost there. You'll be wicked glad when you're out of high school and off to college, and don't worry, I'll be watching you!"



Amber Worley

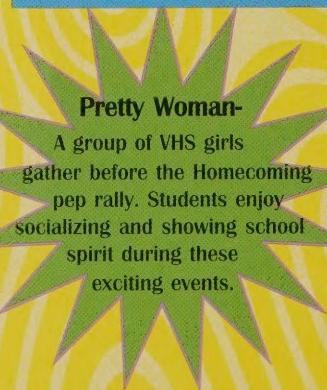
"Enjoy high school while you can and try to make the best of it because you don't know what it's going to be like after it's over. Have as much fun and work hard so that you not only have a good time, but actually accomplish something."

Step By Step, another year rolls by and once again *The Virginian* captures the essence and memories of us **Friends** here at Virginia High School in 2003-2004. **Happy Days** go by accompanied by struggles as students prepare for the **Real World**. We learn to be **BIG THINKERS** while attempting to have fun and enjoy the **Wonder Years** of our lives. After letting go of All That fun of the **Sunset Beach** summers, students work to be **Made the Next Generation** of leaders. Trying to **BEAT THE CLOCK**, student readily wait to be **Saved By the Bell** for the close of the school year.



Pulling together-

Students at the pep rally unite to cheer for the Bearcat football team. Pep rallies boost school spirit and give confidence to the players.



Pretty Woman-

A group of VHS girls gather before the Homecoming pep rally. Students enjoy socializing and showing school spirit during these exciting events.



Take Life One Step at a Time...

Live as if you were to die tomorrow. Learn as if you were to live forever. -Gandhi



Character is who you are when no one else is looking

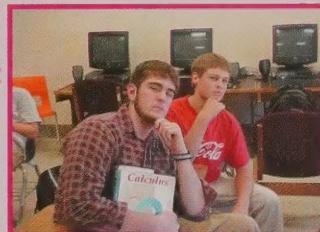
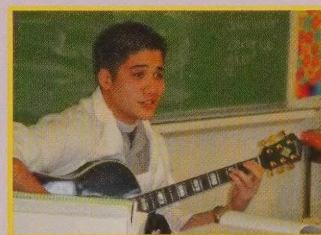


Truly great friends are hard to find, difficult to leave, and impossible to forget.

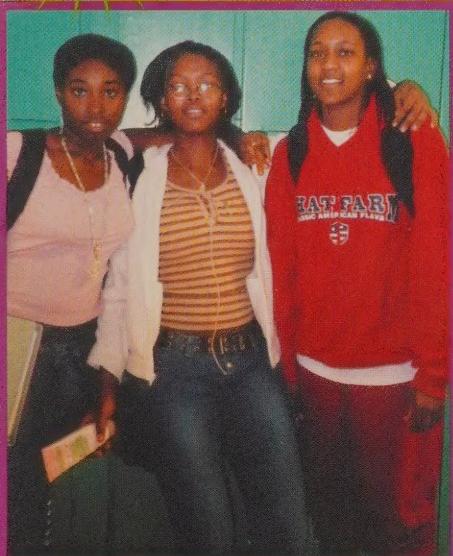
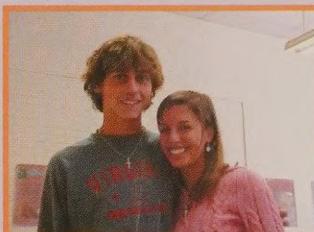
-G. Randolph



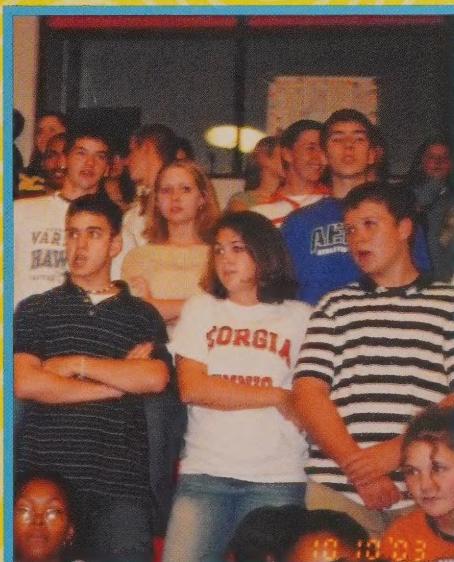
Happiness lies in your own hands.



You only live once, but if you work it right, once is enough.
-Joe Lewis



Getting organized- During a pep rally, the junior section in the gym prepares for the festivities. Many students enjoy the chance to become involved in the boosting of school spirit. Hopefully the excitement shows in the following game.

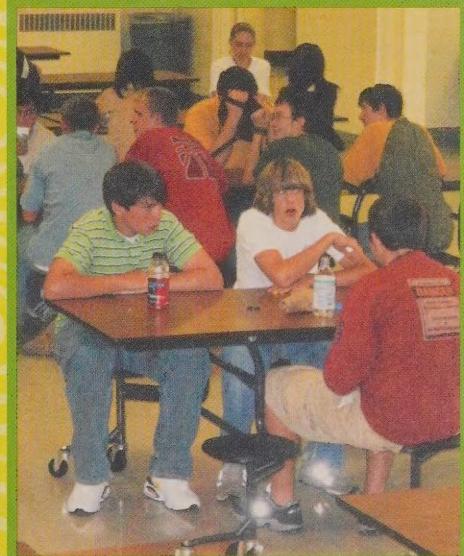


Big girl on campus- Between classes, sophomores Jasmine Bernard, Adrian Scott, and Ashley Williams pause for a quick picture. Class changes are sometimes the only opportunity for students to see their friends.

If there is no struggle, there is no progress.



In order for a mind to work properly, it must first be opened.



Boys will be boys- Lunch is one of the most enjoyable times for students. Sophomores Brett Sharp and Daniel Triplett socialize during their treasured lunch period. A break from the stressful school day is necessary at Virginia High.

The Real World

A Picture Lasts A Lifetime



Student life is what makes the four years in high school worth all the time and dedication that is put into it.

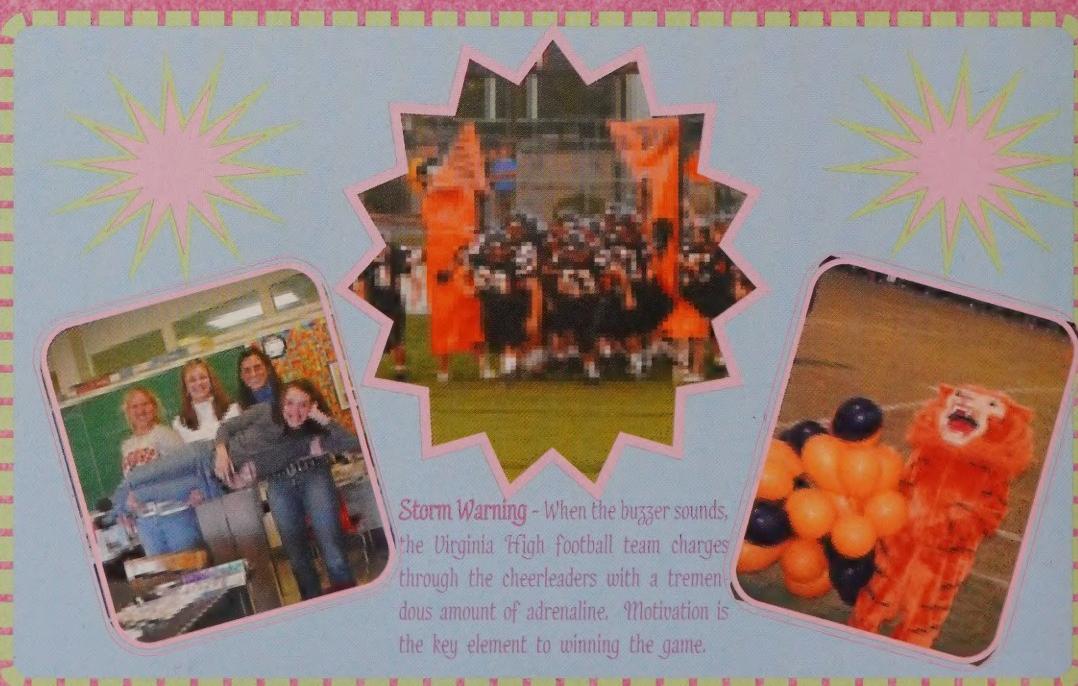


It consists of activities and participation at school, hanging out with friends on the weekends, going on vacation with friends and family, and so much more. Activities this year were filled more excitement compared to the previous years. This year the students got more involved with VT week, homecoming, the school play, and many more school activities. School spirit was promoted and improved tremendously throughout the school year. Without student life, high school would be uneventful with continuous busy work throughout the day.



Thirty Minute Meal - After cheering the football team to victory, a group of cheerleaders go to celebrate the win by going out to eat at El Patio. Go Cats!

Growing Pains - At the Homecoming pep rally, the cheerleaders invited some football player's moms to kiss them on the cheek. After his third guess, senior Trent McVey waits anxiously to find out that his mother was the "cheerleader" to kiss his cheek.



Storm Warning - When the buzzer sounds, the Virginia High football team charges through the cheerleaders with a tremendous amount of adrenaline. Motivation is the key element to winning the game.

Kodak Moments



08



SPIRIT



Frenzy



RIVALRY



Cowboy Day



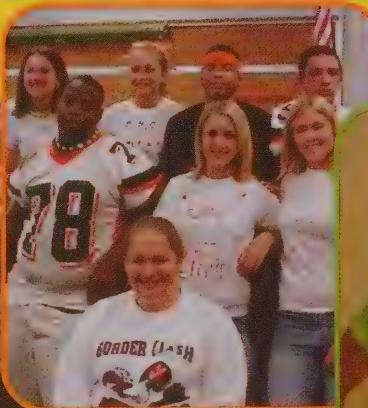
Vibrant



CITY CONFIDENTIAL



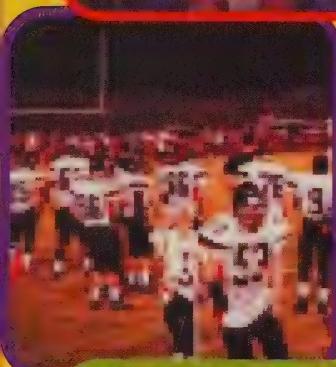
Twin Day



Orange and Black Day

Tie-Dye/Hippie Day





V-T GAME!!



Custard's Last Stand- It's ready to go. Senior Hunter Monde waits to kick as the team takes the ball down the field.



Two of a Kind- At week 8 in the second week of the year, senior Vicki Shagle and junior Walt Person sit in the hall to show their school spirit. Nov. 2009.



Lovely and Amazing- These two girls are the epitome of that phrase. Junior LaShawn Porter and junior Chelsea Campbell pose together in their choir class.



First Look- All the pep rallies have kept people guessing this year. Junior Kregg Mabe and others watch as the festivities of the VT pep rally get underway.



Faregoing Women- These two teachers really charged up the spirit at VT Week. Miss Frost and Mrs. Holcomb designed their outfits to match each other on their day.



ACity Divided: 'Cats Versus the Vikes



VT Week always proves to be a fun-filled and school-spirited week. The halls were decorated with signs encouraging our beloved Bearcats on for the big game Thursday night. Enthusiasm and excitement flowed.



throughout the school. VT week is a time for students from all classes to come together for a common purpose - to show their support for the Bearcats. The traditional Bonfire night was a success with people from all over



gathering to witness the pre-game extravaganza, including cheers from speeches from the football players and coach Adams and of course, infamous burning of the Viking. The traditional Mock Beauty Pageant also proved to be a great success.



Yet another year has passed, and so has another exciting and successful VT Week. Students participation and turn-out at the game prove that this is another week that will go down in Bearcat history.



Smokey Mountain Nightmare

Dancing around like a wild man, junior Scottie Worley shows he is ready for the big game and his time to shine.

Silenced Partner

Such an amiable relationship between the football players and the cheerleaders. Pictured are seniors T.J. Slagle and Anna Stringer.



Showdown at the Castle - Standing alone contemplating, senior kicker Hunter Meade watches his team fight the Vikes.

Double Take

Taking time out of a busy night, seniors Yi Chen and Brett Tore pose for the camera. Wednesday night at the bonfire. Music is a key element for support for the team.



Blinded by the Lights - Stonecastle proves to be an intimidating setting for our beloved 'Cats. As the players watch from the sidelines, the Bearcats on the field fight in a desperate struggle for a victory over their old rival, Tennessee High.



Double Dutch Bust

The Virginia High cheerleader in the Bearcat lead the crowd in cheering for the football players

The Socialites and the Politicians

At the VT game people must expect to see all kinds of things. Juniors Alexa Patrick and Stephanie Campbell enjoy the social scene. Senior Julie Ward and junior Brandon Pruett enjoy a more political approach.





Continuing the Tradition: The Last Side Show - The burning of the Viking in the bonfire is a long-cherished and long-kept tradition at Virginian High School. Football player senior Tyrone Jackson tosses the Viking into the fire.



Pre-game Preparations: The Ritual Continues - Students, football players, and cheerleaders run and dance around the bonfire. This is an opportunity for both students, players, and cheerleaders to celebrate and get pumped up for the big game together.

Badge of Honor - The crowd aids in keeping the honor in the team. Juniors Corrine Moore, Bridget Cummings, and Jenny Montgomery cheer for the Bearcats during the VT pep rally.

Fashion Victims

1st Place:

Hunter Meade and Katie Moseley as a Playboy Bunny and Hugh Hefner.

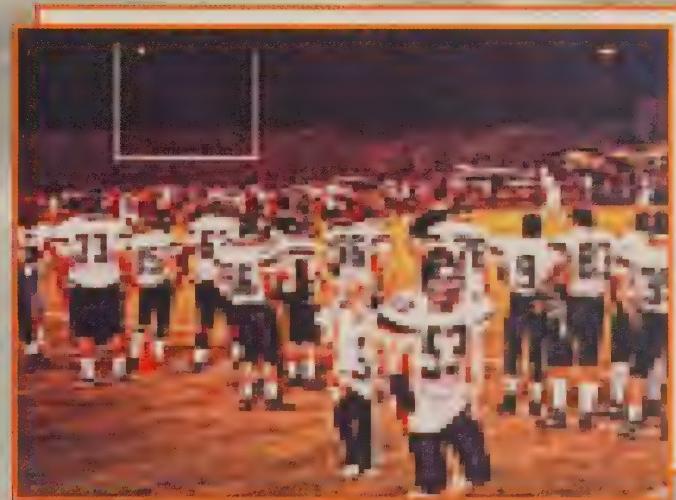


2nd Place:

Justin Matney and Lauren Hughes as Beau and Daisy Duke of *The Dukes of Hazard*

3rd Place:

Matt Boggs and Katie Pittman as Whitney and Barry Reed



Bearcats, Vikings, and Fowl Play - As the clock ticks on, the team and the coaches watch and wait. Time is such a critical factor in such a big game. The Bearcats are on the defensive against the Vikings. Nervous and restless, the coaches pace the sidelines as the teammates watch with anxiety as the Vikings creep ever so closely to the Bearcat endzone.



Crimes of Passion - The Super Fan of the Bears'. Body paint, determination and Bearcat pride are necessities for being a SuperFan. Cheering enthusiastically,

junior Brandon Simpson shows all elements of a true fan in order to let his know they have his full support.

The Art of Murder: Caught in Watching and Waiting

the Moment - While pausing for a photo, seniors Amy Derr and Jill Stewart pose and flash their pearly whites for the camera at the VT game. There is nothing like watching your favorite team play their greatest rival.



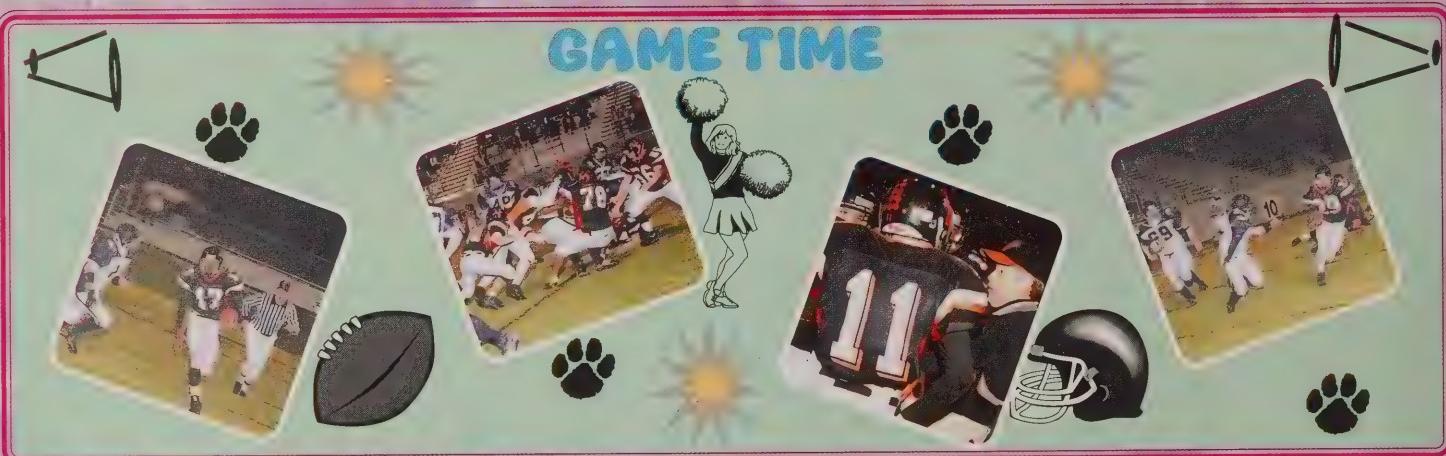
Danger in the Castle - All smiles for Seniors Gwen Massie, Natalie Wilson, Katie Pittman, and Chelsea Wilson as they show their Bearcat pride at the annual VT game at Tennessee High's Stone Castle.

Charmed

"Wild Kingdom" - Waiting for the pep rally to begin, seniors Patrick Osborne, Kevin Wingard, Will Soblo, and Matt Boggs take a picture for a candid moment. Students really enjoy pep rallies, because it gives them a chance to show their school spirit.



GAME TIME



2003 Homecoming Queen

Matt Boggs

Basketball

Born on January 15, 1981, Matt Boggs is the son of Jim and Linda Boggs. He has two brothers, Jim and Mike, and one sister, Kristin. Matt is a member of the basketball team. An all-star in football, basketball, and baseball, Matt is also a member of the track and field team. Matt is a member of the National Honor Society and is currently one of the top students in his class.



Brittany Sourbeer

Cheerleader

Having the opportunity to be a part of the 2003 homecoming queen competition was a dream come true for me. I am very grateful to have been chosen as the 2003 homecoming queen. I would like to thank all of the people who supported me during my time competing for the title.



2003



1st Runner Up
Brakelle Warren



2nd Runner Up
Morgan Sharp



3rd Runner Up
Mallorie Thorne



4th Runner Up
Courtney White



"Cheers" - Trying to keep the fans involved, senior Anna Stringer leads the varsity cheerleading squad in a chant. Maintaining school spirit is a vital necessity in helping the football team score.



"Miss America" - Waiting anxiously to find out the 2003 homecoming queen, senior Thomasina Buchanan waves to her friends and family in the stands. This is a very nervous moment for all of the finalists.

Sunset Beach



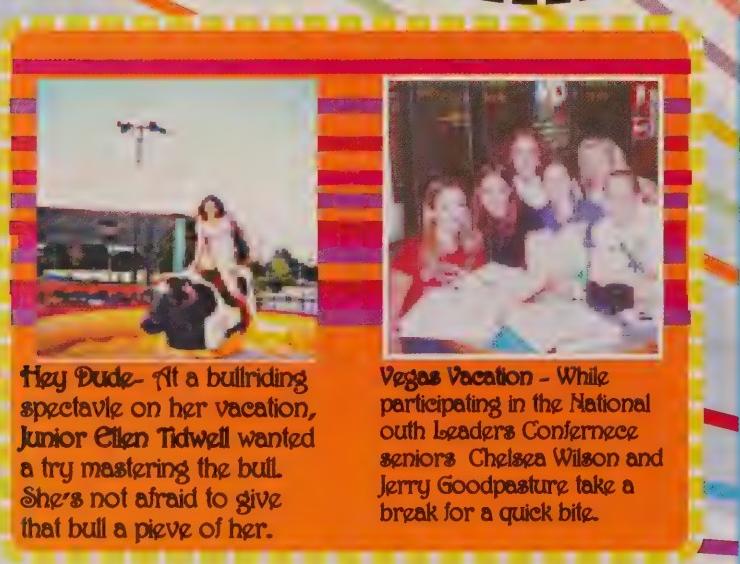
PRETTY WOMAN. A GROUP OF GIRLS, RANGING IN AGES, GATHER TOGETHER FOR A QUICK SHOT WITH LOTS OF SMILES. WATCH OUT BOYS, HERE COMES SINGLE GALS!



BAYWATCH-SHOWING OFF THOSE BODS. SENIORS DONALD PENDER AND SETH BARRETT ENJOY A NICE VACATION ON A SANDY WHITE BEACH. CAN WE SAY "ALMOST PARADISE!"



While you were out- While visiting in St. John, Junior Ellen Tidwell and friend enjoyed the sites and weather of this gorgeous Virgin Island. What a view atop this local hotel.



Hey Dude- At a bullriding spectacle on her vacation, Junior Ellen Tidwell wanted a try mastering the bull. She's not afraid to give that bull a piece of her.



Vegas Vacation - While participating in the National Youth Leaders Conference seniors Chelsea Wilson and Jerry Goodpasture take a break for a quick bite.



VACATION



Scuba diving in the Bahamas was an exciting and one of a kind experience. Being there was hot, fun and something I would repeat every year.

- Max Lawson



"Vacationing in New York this summer was a exciting experience. New York City is a one-of-a-kind place. It was interesting to observe the different lifestyle."

- Lauren Hughes



Mrs. Neal, our beloved librarian visited Concord Massachusetts and viewed the homes of Louisa Alcott, Ralph Waldo Emerson, Nathaniel Hawthorne and Henry David Thoreau. What a treat for a woman who loves books.



Who's got game? - While vacationing in Myrtle Beach, Seniors Anna Stringer, Morgan Sharp and Brittany Sourbeer with graduate Audrey Sorenson finish getting ready for a night out on the town.



Three's Company - Pretty girls in dresses for the night, Seniors Morgan Sharp and Lauren Hughes, and Junior Julie Becker show off their looks with smiles on their vacation to Hilton Head.



BBC America - During vacation senior Devin Williams visits many monumental and historical sites while in Europe.

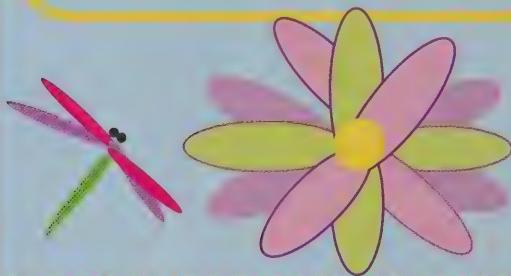


While You Were Out - While their parents were away, these brunettes were out to play.



Saturday Night Live

One of the most valuable tools to keeping sanity during the long school year, is the weekend. After a long week of homework, studying, practicing for sports, and early nights in bed, it's time to hang out with friends and enjoy a few precious hours of tv and snooze.



Cheers: Before getting a bite to eat, seniors Hannah Mittler and Laura Rocciano take a quick pic.

Sister, Sister: Judging from their smiles, this must have been a funny moment for seniors Amy Miller and Amy Derr.

Golden Girls: On Friday night, junior Julie Booher and her senior friends Lauren Hughes and Morgan Sharp rock it cowboy style.

Happy Days: Two close friends, seniors Hannah Mittler and Nikki Sweeney smile for the camera to remember the good times.



Hang Time: This Friday night, a group of friends meets before the football team's battle against the Abingdon Falcons.



Friends: Music provides a perfect way to have fun and bring friends closer together. At the annual Rythm and Roots Festival in Bristol's downtown area, a group of senior friends pose for a picture.



The Usual Suspects: These senior students will always be friends. Jason, Brandon, Phillip, and John Spangler are still as strong.

Weekends



America's Most Wanted- Watch out for any of those dangerous guys! Although they commonly travel together, occasionally one may be spotted alone, disguised in ordinary clothes and portraying a witty or innocent personality.

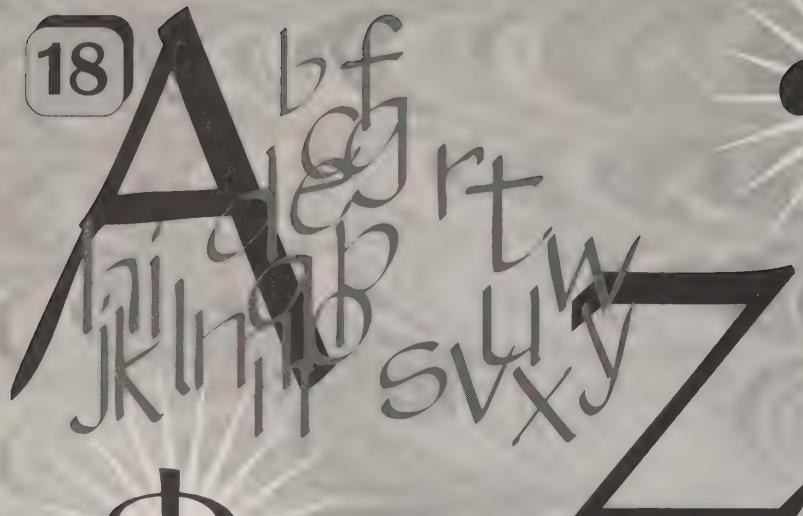


Rugrats- There's always time for a quick shot by you and of you. Senior friends Amy Miller and Meredith Cooper pose for a quick picture they took to remind themselves of the fun times during their senior year.

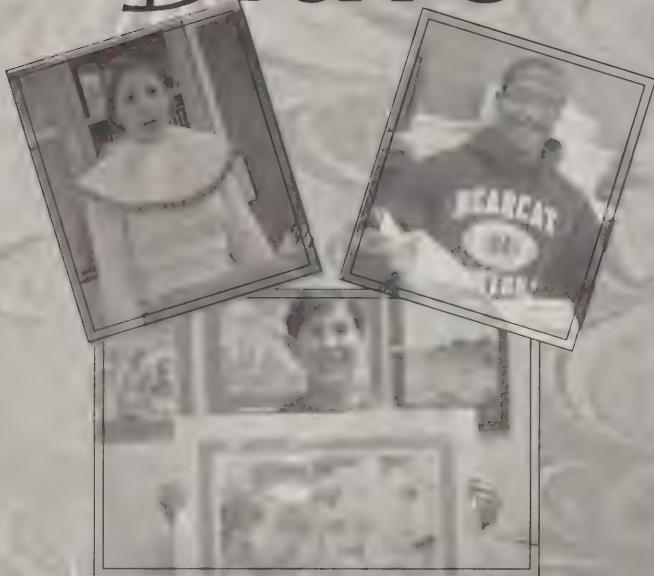
Weekenders- With smiles on their faces, these two seniors, Chris Frazier and Chelsea Wilson, are definitely excited to be out of school and enjoying the freedom of the weekend. They have time to shop, go out to eat, or just chill. To sum it up- they love the weekends.

Most Extreme- Nobody's quite sure what's going on at this terrorifying moment. While senior Amy Miller shows a distinct expression of fright, her brave friend Katie Pittman battles the monstrous foes with courage and a flaming tongue.

18



Bravo



With such impressive talents, these students deserve to be applauded for a job well done!

Comedy central



A & E



Arts and a bit of entertainment are definitely aspects at this school. Senior Danielle Leonard plays a board game while her artwork is displayed in Mrs. Simmons class.

Disney



E!



Entertainment - is something our school does the best. From Band to Drama to Pep-rallies, we're always on it.

Family ties in this school are something we're proud to have. We have mothers and daughters, brothers and sisters, and even several sets of twins.



Game Show



Games! How fun. The school library offers games for those who can find a few spare minutes in their busy schedules. Games are also used in several classes as learning devices. Fun Fun.



Hodge Podge



Home and garden network inspired some of VHS's students to help out around the school and keep up the lawns.

Inspirational

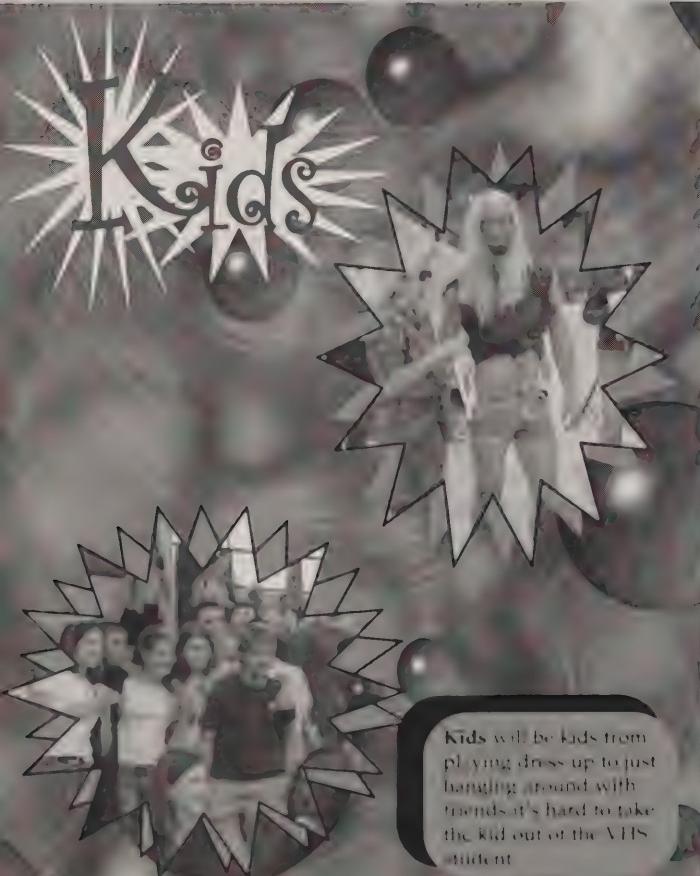


Inspirational - the special education classes at VHS offer students a chance to be in the real world world with other students their age.

JAVA



Java is an entertainment network that offers laughs and great music and we try and do the same here at VHS.



Kids will be kids from playing dress up to just hanging around with friends it's hard to take the kid out of the VHS student.

Life



Life at VHS is great. The stress of hard work is relieved by the fun times we have at event life pep rallys.

W TU

MUSIC - music is a big part of our school whether it be in band, choir or drama their is almost always a class having fun with music

Oxygen is something that our athletes need every day. Virginia High School offers a wide range of sports from cross country to volleyball to

Pearl

PEOPLE



People - We see the smiling faces of our friends and classmates everyday as we walk through the halls.

22

Q V C



R
F
D



"Country and lovin' it!"



Extraordinary Beings 7pm/6c

Sci-fi



Face/Off 9pm/8c

U S A



Saved By the Bell

TBS

7am/ 6c



Presenting:

MORGAN

C
O
M
B
S



Live 6pm/ 7c

the
space
we share

We

women's entertainment

The Beauty Parlor
5pm/ 4c



YES
The
Bachelorette
9pm/ 8c

Xtra
BOY MEETS WORLD
5:30pm/ 4:30c



ZeeTV
Internal
Science

3pm/ 2c

Senior Superlatives

Each class has its favorite! Recipients of senior superlatives are chosen by their peers. Ballots are passed out to each senior English class, where seniors nominate their favorite students. The recipients are announced in school and awarded at the senior luncheon.

Best All-Around

Andrew Carico
Rebekah Morrow

"Good character is not formed in a week or a month. It is created little by little, day by day." Heraclitus



Best Looking

Matt Boggs
Gwen Messer

"Flowers are a proud assertion that a ray of beauty outvalues all the utilities of the world."

Emerson



Most Intellectual

Wyatt Korn
Jerry Goodpasture

"Small is the number of people who see with their eyes and think with their minds."

Albert Einstein



Most Athletic

TJ Stoeckle
Kellee Pittman

"An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head." Emerson



Wittiest

Trent McVeey
Chelsea Wilson

"The most wasted of all days is one without laughter." E.E. Cummings



Most Talented

Taylor Clark
Amy Duncan

"Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads."

Erica Jong



America's Most Wanted

Most Musical

Russell Weddell
Danne Hill

"Music expresses that which cannot be put into words and that which cannot remain silent." Victor Hugo



Most Artistic

Walker Higgins
Jill Stewart

"Artists can color the sky red because they know it's blue. Those of us who aren't artists must color things the way they really are." Jules Feiffer



Most Likely to Succeed

Li Chen
Devin Williams

"It is possible to fail in many ways...while to succeed is possible in only one way." Aristotle



Friendliest

Ryan Callanan
Leslie Jenkins

"Don't walk in front of me,
I may not follow. Don't walk
behind me, I may not lead.
Walk beside me and be my
friend." Albert Camus



Most Original

Tommy Childress
Connie Madrano

The man who follows the crowd will usually get no further than the crowd. The man who walks alone is likely to find himself in places no one has ever been." Alan Fawley-Pitt



Cutest Smile

Doodle Hicks
Lauren Hughes

"Everytime you smile at someone, it is an action of love, a gift to that person, a beautiful thing." Mother Teresa



Most School Spirited

Will Scobie
Morgan Sharp

"The spirit, the will to win, and the will to excell, are the things that endurz." Vincent Lombardi



Teacher's Pet

Trevie Heath
Mallory White

"Education is not the filling of a bucket, but the lighting of a fire." W.B Yeats



Candid Camera

Memorable Moments



Dr. Phil - Looking like one big mess, junior Julie Booher shows her frustration at a homework assignment. Students often worry about their grades when the semester is close to the end.

The Wire - Under the wire, sophomore Justin Artrip raises his hand in order to share the correct answer. Many times teachers ask that students raise their hands before initiating a response.

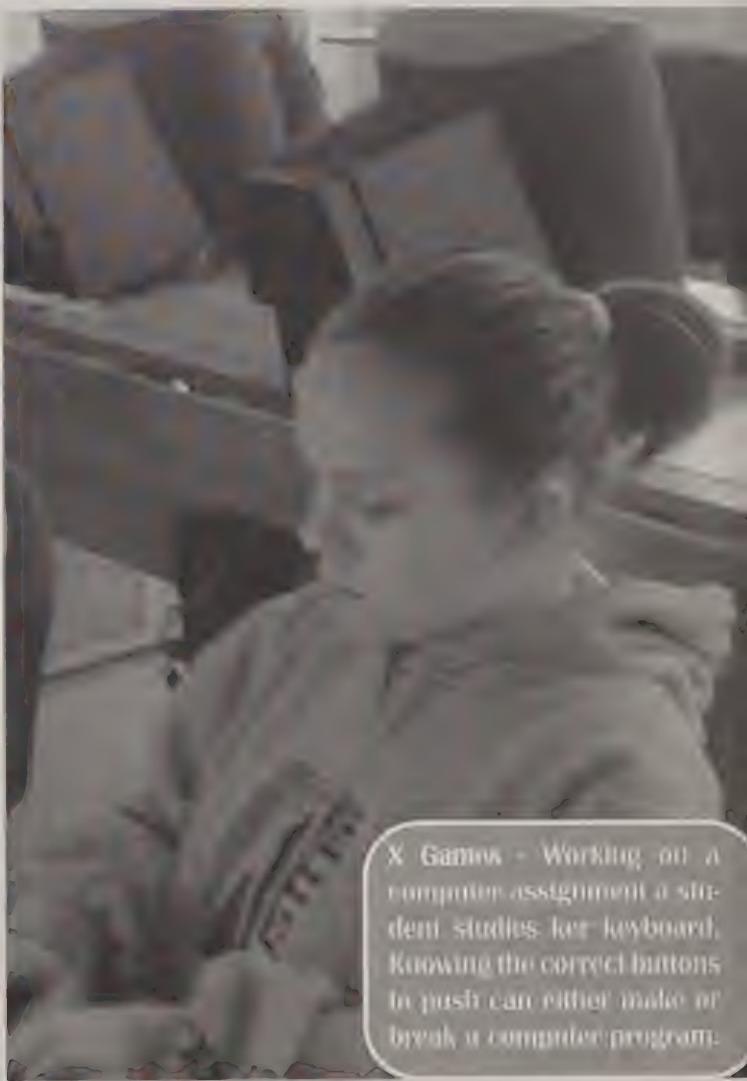


Around the Horn

Over the horn, junior band member Mollie Salyer walks away from an examination in the hall. One must be very careful when the keys can easily break.



Three's Company - In a moment of peace, juniors Courtney Wright, Clyde Nophlin and senior Rea'shelle Morrow wish each other luck before the performance.



X. Garrow - Working on a computer assignment, a student studies her keyboard. Knowing the correct buttons to push can either make or break a computer program.

Bad Boys - In an attempt to settle a minor disturbance down junior Joss Matherly and senior Andrew Carico take senior Tommy Childress into fictional custody. Boys will never want to get over playing cops and robbers.



Don't Say a Word - Trying to receive help with an assignment, a student comes to the desk of first year teacher, Ms. Quesenberry. Teachers help students by demonstrating how to approach the assignment.

Brooks. Having to make a deal, the student completes the last dialogue section in ten minutes. But sometimes, students gradually stop talking as difficulties continue.



more time from the site. While awaiting those calculations for a release, project site visitors had to wait and were the main concern of the visitors. In addition, visitors fear a suddenly new hypothesis could correlate good results.



The Dating Story - Arm in arm, this couple shows their affection for each other. Couples are common throughout the halls of Virginia High.



Happy Days

Our Gang- Before the bell rings, this group of senior boys poses for a quick picture. Seniors relish every moment they have to spend with their friends. Long-time friends are hard to come by, harder to leave, and impossible to forget.



Two of a kind- Out for a night on the town, seniors Hannah Miltier and Laura Rossano sit down for a meal at a local restaurant. During the weekends or summer, students enjoy going out for some fun and having free time to socialize instead of work.

Fabulous Four- During Biology, seniors Ashley Shazor, Katie Nelson, Ashley Adams, and Amber Worley smile for the camera. Leftover time in classes is the opportune moment for friends to socialize and take a break from work.



Hannah Miltier and Whitney Moore



"Hannah and I have known each other since the sixth grade, and we've been good friends ever since. I can tell her about anything, and I know she'll always be there for me no matter what happens. Hopefully, we will remain friends for many years to come." - Whitney Moore

"Brittany and I have been friends since Kindergarten. We've been through so much together and have always been there for each other. Now that we're seniors, we plan to stay in touch at college or even attend the same college together. I hope we keep our friendship going for many years." - Anna Stringer

Brittany Sourbeer and Anna Stringer



All the way- Ready for the weekend, seniors Natalie Wilson and Meredith Cooper take a quick picture while eagerly waiting to hear the bell to signal the ending of the school day. Weekends are the best opportunities for friends to spend time together and have some fun.



Baby, It's Cold Outside- At the Radiohead concert, seniors Amy Derr and Devin Williams are soaked by the rain; however, they enjoy listening to the good music. Concerts are an exciting change from common activities and are enjoyed by many.

So, How was your weekend?

On Saturday, seniors Amber Worley and Ashley Adams enjoy their free time at the lake. Students love to take advantage of warm weather for as long as possible on the weekends.



Great Expectations- Ready for a night out on the town, seniors Morgan Sharp and Lauren Hughes, and junior Julie Booher take a moment for a picture before having some fun on the weekend.



Cruisin'- During their trip to New York for Educational Talent Search, seniors Katie Pittman and Will Soublo pose for a picture while riding on the tour bus. Touring New York was an exciting experience that these seniors will be sure to remember forever.



Such a nice girl- Smiling for the camera, seniors Gwen Massie and Katie Pittman enjoy some free time to relax. Taking a break during the school day is essential for students to be able to academically perform to the best of their abilities.

Beauty Contest-

Posing for a quick picture before the big night, seniors Hannah Miltier and Amy Smith await the arrival of their dates for prom. Prom is one of the most memorable experiences for students, and friends enjoy sharing it with each other.



Two peas in a pod- Having some fun with the camera, seniors Whitney Moore and Nikki Swiney take a close up. Close friendships are important in order to survive high school life and to remember through photographs.





Friends



卷之三





"Friendship is precious, not only in the shade, but in the sunshine of life; and thanks to a benevolent arrangement of things, the greater part of life is sunshine."

-Thomas Jefferson



A friend is like home in the life of a young.
-Anne Sullivan

What is a friend? I will tell you. It is someone with whom you share
it is yourself.
-Frank Grawe

A good friend remembers what you were and you still remember
-Unknown

You're always a guest at someone's house or if they're you
and
me again. And meeting again with someone we last
remembered from those who are friends
Richard Bach

A good friend is one who makes us when the rest of the world fails us.
-Albert Einstein

The only way to have a friend is to be one.
-George Washington Carver

All love that has not friendship is a loss
to the maximum both upon the soul
-Edgar Allan Poe



Gimme a Class Break...





Gimme a girl instead-
Instead of completing 7th period, students watch the varsity cheerleaders as they cheer at a pep rally.



Gimme some water- It's time for a break and some water for Sophomore Todd Ellis. Water fountains are essential for healthy teens.

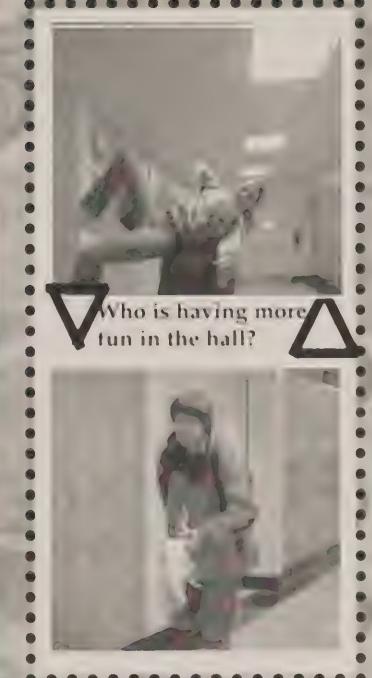


Gimme some music- While taking a break from class, Junior Josh Leonard wishes they would play music in the hall.

Gimme a break- While taking a break from Calculus senior Lauren Hughes looks for a familiar face. Breaks between classes allow students to relax for a few minutes with their friends.



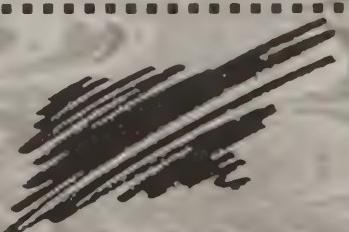
Gimme some geography - Before class begins junior Danielle Leonard reviews her map skills.



Who is having more fun in the hall?



Gimme some extra credit-Stretching to her fullest potential a flag corp member twirls to the beat of the band!.



West Side Story



Mombo - Anna and Bernadette, played by Chelsea Wilson and Leah Sprules, dance away in the dance contest at the gym.



Tonight - After seeing Maria at the dance, Tony falls deeply in love. A forbidden romance begins between the two since Maria's brother is the leader of the sharks, while Tony is a jet.

Cool - Rita, played by Ti Shagle, tries to calm the jets down before the rumble by singing "Cool".



The Jets **Sharks**
Stage Crew

Rumble

**1 Foot
Pretty**



Aaron Alcox, Chris Wilson, Josh Hamby, John Bradley, Yanni Petal, Justin Hall, Margret Puglisi, Katherine Powers, Maggie Wingard, Ashley Jones, Abby Miller, Jill Stewart, Brittta Manning, and Sam Emery.



Leslie Epling, Seth Hall, Mark King, Joss Matherly, Gabby Camper, Ellen Tidwell, Shelly Weaver, Andrew Clitco, Rachelle Morrow, Jerome Locket, Clyde Nophlin, Josh Sproles, Willie Oaks, T J Slagle, Cory Duss, Tyler Clark, Bridget Cummings, Brandon Pruitt, Amy Duncan, Larissa Via, Courtney Wright, Morgan Combs, Julie Ward, Jerry Goodpasture, Katy Sharp, Karissa Skeens, Mallie Salyer, Chelsea Wilson, Danna Hill, Tammy Childress, Scotte Worley.



West Side Story is a tragic classical play based on Shakespeare's Romeo and Juliet, which moves audiences and changes societies. This year the Virginia High School Drama Program chose to put on West Side Story, a play rarely put on by high school programs. Mrs. Palmer, Mrs. Neal and Mrs. Mann all put in hour and hours of hard work along with the students to build the set, choreograph the dances and learn the lines. It took months of preparation to get ready to perform before an audience. This musical was not an easy one to put on and it contains many dramatic scenes that deal with hatred and death and also many difficult songs. Virginia High School in the past has never attempted such a large production, but, in reaction to the challenge, they pulled it together and performed it beautifully. The leads of the play, Tony and Maria were played by Danna Hill and Tyler Clark, whose voices harmonized together as they played lovers separated by racial lines. The students did a wonderful job of putting on this classic play. Their emotion left the audience with a sense of sadness and a desire to transform society.

SomeWhere there's a place for us -
Bringing us onto the play, Tony's death
shows the pain that can be brought about by
those who hate.



FOOTBALL

I have not a person I can say, "I regret not having been a part of or participating." I had a great football season. I am so thankful for all the people who made it such a success. I can't wait to see what next year will bring!

Amy Derr

FOOTBALL 
"Having football tryouts was the most enjoyable part of our life. Wanting to start next year has been the highlight and I wouldn't trade it for anything."

Trent Mohey



BASKETBALL

I enjoyed basketball last year. We had nothing less than a great experience. I learned many new things and participated with a lot of fun this year.

Tyler Clark

Girls Track & Field

Track and field has been a great experience and I've learned so much in working with others. I encourage everyone who plays to stick with it through the season.

Kaitie Pittman



Volleyball

The girls' team is the strongest girls. They're learned to work together with a short period of time. All they have to do now is continue working together. They are sure to be a great success."

Desha Scott





Wrestling

"Wrestling has been very hard, but at the off-home tournaments I've seen that encouraged me the whole way they have been one of the best things I have ever done in high school."

Jake Gorley



Swimming

"Swimming has been a rough 160 years, but it has all paid off this year. I have had many good experiences with swimming, and have learned so much."

Jerry Hayes



Basketball

"Basketball has been so much fun for me over the years. I have really enjoyed getting to play with all of my friends for so long."

T.J. Slagle

Opportunities

"Going to college has been very rewarding and I am so pleased that I have gotten to be a part of RHS opportunities for all those years."

Alyssa Goss



Athletic Director

"Hawks basketball has done very well. I am especially proud of my two football stars."

Harry Fowl



The Jersey

VHS Football

Direct Effect-Throwing a quick pass to the flanker, sophomore Kevin Morrison aids in Bearcat success.

King of the Hill-in the hands of his opponents, sophomore Tyrone Jackson stuffs a running play.



Road Rules-Soaring down the field, sophomore Kevin Morrison eludes his opponent.



Rocket Power-Revealing his hard work during practice, senior Hunter Meade successfully punts on the fourth down. Hunter was an asset to the Virginia High Bearcats.

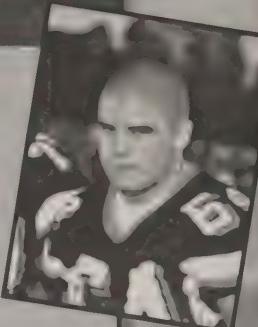
Southern Sports Report-On the sidelines, the Bearcats prepare to take the field. Team support and encouragement is a key element to athletic success.



Seniors Speak:

Matt Grimm

"It has been fun playing football for VHS. I will miss the seniors next year. Best wishes to next year's team."



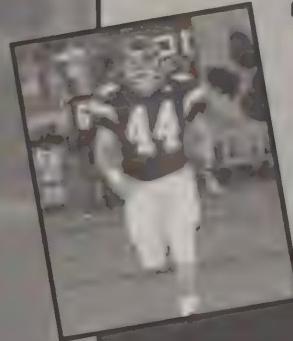
Hunter Meade

"Playing for Virginia High was a privilege and an honor. I have made memories that I will never forget"



Andrew Carico

"Virginia High football was a great impact on my four years at Virginia High. I will miss playing for VHS next year."



Trent McVey

"Playing for VHS is an experience I will never forget. I enjoyed all four years of my high school football career."



The 2003 VHS Bearcat football team entered the season with a new morale and fresh players in hopes of obtaining an additional Highlands District Championship. Although the coaches and players prepared early, the team suffered from injuries and bad luck. Though the Bearcats failed to achieve their goal, they never gave up and represented Virginia High with honor.



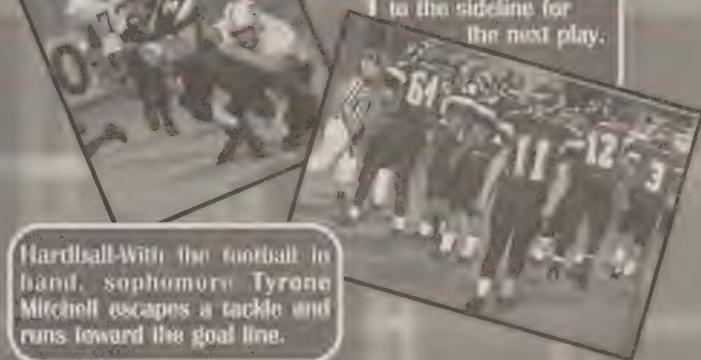
2003 Record	
John Battle	56-18 (W)
Lee	44-6 (W)
Abingdon	3-18 (L)
Graham	34-48 (L)
TN High	20-31 (L)
Tazewell	55-14 (W)
Carrol County	8-17 (L)
Richlands	(L)
Marion	(L)
Grundy	(L)

Coaching Staff

John Adams (Head Coach)
Mark Daniels
Carter Baker
Scott Jones
Ron Davis
Ted Skarvan
Mike Tolbert
Doug Blewins
Bo Love



Who's Got Game?
On the field awaiting action, sophomore Kevin Morrison looks to the sideline for the next play.



Hardball-With the football in hand, sophomore Tyrone Mitchell escapes a tackle and runs toward the goal line.



Dark Shadows-With his opponent approaching, sophomore Clyde Nophlin escapes a tackle. Speed and agility are necessary talents in the game of football.

GO TEAM

Hang Time



Hang Time- Focusing for a moment, senior Trent McVey keeps his eye on the rim and hopes for two more big ones.



Shy Ball- While senior Michael Clay tries to pass up under the basket, sophomore Daniela Hicastro waits for the ball at the top of the key.



With You Were

Oak- After catching his man off-guard, junior Daniel Stevens gets a three pointer chance to go for three more.



Driven- Also being guarded, junior Brad McGehee drives the lay-up without hesitating.

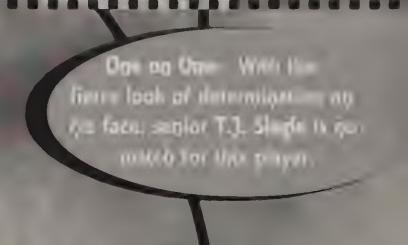
Photo by: *[Signature]*



All In The Family- Putting their hands together, the team gets its split up for the final round.



One on One- With the fierce look of determination on his face, senior T.J. Shupe is prepared for this play.





Coach Mitchell, the team's new coach, has coached basketball for 17 years. After his first season at VHS, he feels that the players have shown a strong work ethic and a desire to compete with the best teams in the area. As for the future, he feels confident in the team's potential for success.

Senior Snapshots



Trent
McVey



Tyler
Clark



T.J.
Slagle



Michael
Clay



Varsity Team Pic



Dominic
Nicastro

GOLF ACADEMY GOLF

FALL 2003



Coach Caldwell, Coach Minnick, Austin Collins, Aaron Alvis, Bret Sharp, Tyler Clark, Jason Combs, Daniel Triplett, Logan Limburg, Justin Reed, Tyler Wann, John Greier, Coach Lee

Score Board

B/4 Highlands District Match - 2nd - 335
8/12 Farmers & Miners - 7th - 315
8/21 Powell Valley High - 2nd - 167
9/9 Big Six Tournament - 5th - 388
9/18 Sullivan Central - 1st - 166
9/29 Highlands District Tournament - 2nd - 334

8/7 Highlands District Match - 1st - 324
8/14 Highlands District Match - 3rd - 344
8/26 Tennessee High - 2nd - 163
9/15 Powell Valley High - 1st - 161
9/25 Highlands District Match - 1st - 324
10/Regional JV Tournament - 1st - 314

Golf Academy

Virginia High School's 2003 golf season was a success in the eyes of the golfers and the coaches. Virginia High School finished this golf season with seven wins and only five loses. Over all VHS came in second, only behind the undefeated Abingdon. The number one player this year was Daniel not only our also in the Daniel was District Player and went to Championship, finished 8th. High School young, with only and the sophomores men. The coaches and players are working hard so that the next few years will be as successful or more than this year. The VHS golfers improved through practice and experience. Next year Virginia High hopes to be number one.



Triplet, in school but district. honored as of the Year the State where he The Virginia team was one senior remainder and fresh-



Hardball - Before the match begins Coach Caldwell and Coach Lee hand out score cards to the team, while wishing them luck. Coach Cawdell believes that positive reinforcement is the best way to encourage a team.

Road Rules - The team hangs around the golf cart before the match waiting for it to begin.

They hope that someone will be nice enough to give them a ride to the first hole.



The Pit
In the sand pit next to the green, sophomore Logan Limburg chips the ball right next to the hole. Logan plays as number 3 on our golf team.

You gotta see this - Telling golf stories Coach Caldwell explains to Coach Lee and Coach Minnick how he got that great score last weekend. Experience is necessary for coaches in order to provide their team with the skills to apply to their golf game.

Green Acer
On hole 17, senior Tyler Clark goes for the green to get par. Tyler Clark has played golf for all four years of highschool and now plays as number two for the VHS team.



Standing Still - After hitting the ball, freshman John Greinor examines his clubs and reflects on his shot. Reflection keeps one from making the same mistake over again.



Zoom - Sending the ball flying across the lake to the farway, sophomore Bret Sharp nails it. Using the skills taught by the coaches and his experience, Bret improved greatly this season.

Winning Walk - With score cards in hand, freshman John Greinor and sophomore Logan Limburg walk to the green. The walk is an important part of golf as well one must walk with pride and self-confidence to the next hole.



Off the Wall - In some instances watching golf is almost as important as playing it. Here sophomore Daniel Triplett and his opponent observe a fellow golfer as he hits that perfect shot.

King of the Hill - Carefully choosing his club, sophomore Justin Reed gets ready to send the ball to the green. Containing several hills and unique features, Clear Creek is an interesting course to play.

Rocket Power - With a nice scenic view of the lake, sophomore John Greinor hits a great shot down the fairway. VHS's home course is Clear Creek, it is a very unique and challenging course.

Next Generation - Bouncing the ball off his club, sophomore Justin Reed shows how he has already learned hand-eye coordination. He shows potential to be the a great golfer in the future.

"Being part of a time-consuming sport throughout high school not only allows people to express their skill, but it also bonds people together forming a lifelong friendship between them. Also it is hard work when you have school work to keep up as well. These girls on the Virginia High basketball team have proven to have what it takes to go to school and still find time to show off their skills. The 2003-2004 girls team has unbelievable talent this year. They started off their season winning the Pepsi Highlands District Tournament in December. Good Luck to the Lady Bearcats this year and in the years to come.

Now See This! - Foul shots are very crucial for the team. Here freshman Kayla Wells shoots two points for her fellow Lady Bearcats. Although getting fouled is not much fun, it never hurts to help out the scoreboard.

Golden Girls



2003-2004 Girls B-Ball

	Home	Away
John Battle	Win	Win
Honaker	N/A	Loss
Graham	Win	Win
Tenn. High	Loss	Loss
Richlands	Win	Win
Sullivan East	Loss	Loss
Tazewell	Win	Win
Lee	Win	Win
Abingdon	Win	Win
Marion	Win	Win

WINS: 14 • LOSSES: 5



Katie Pittman



Courtney White



Aisha Clark



Morgan Smith



**Katie
Pittman**

"Well, what can I say besides our team is the shiz-nit! This year is the first year we haven't got last in the district. What is even better is that we actually won first place. I love all the girls on the team, and I will miss every single one of them...yes, even Kayla."



Barry Reed

"In the past four years of basketball, I have met many new friends. This year has been the most memorable. Since I came here, the team has never won a district title; however, this year we worked as a team and accomplished this goal. Everyone says that your senior year is your most memorable, and it truly was."



**Courtney
White**



Hang Time - Waiting for an open teammate, sophomore Aisha Clark holds the ball until she can make a clear throw. Team work is the main strategy to winning a basketball game.

King of the Hill - During the game against Abingdon High, the Bearcats call a timeout to get things together. senior Courtney White, sophomore Morgan Smith and Jenna Wagner get a high five from Coach Minnick.



Direct Effect - Before each game, the Lady Bearcats have a pre-game warmup. This includes stretching, a pep talk from Coach Reed, and a team prayer. Good luck ladies!

Ripley's Believe It Or Not - As the clock ticks away, senior Katie Pittman takes advantage of her chance to help out the team. She shoots, she scores! Two more points for the Bearcats!



Kayla Wells



Brooke Shepard

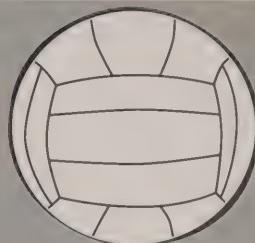


**Asst. Coach
Vanessa Fisher**

**Asst. Coach
Mike Minnick**

SMACK

Virginia High Girls' Volleyball 2003



As the 2003 Volleyball season progresses, the VHS players prove their strengths. Coach Holly Rolen hopes to be a strong force throughout the season and dominate in the District Tournament. Armed with five returning seniors, the 2003 Varsity team has high hopes for the season. The Junior Varsity, equipped with four freshmen and five sophomores, also maintains high prospects for the team. Volleyball requires skill, hard work, discipline, and dedication, and the Virginia High Volleyball teams exemplify all of these.



Prepared- Anticipating the next position of the ball, freshman Jacquelyn Greiner decides which position is best to make contact with the ball. Anticipation is key in volleyball.



Over the top- After the attempt of the opposing team to play the ball back over the net, freshman Tonya Stallard leaps up and plays the ball back over the net to score a point.

DOWN

Coach Holly Rolen



"This year has been a learning experience for everyone. I truly believe we have improved, and I feel that the team has a bright future ahead. Hopefully the upcoming players from the eighth grade will be strong additions to our team."

Seniors



"I think we've improved tremendously this year. The eighth graders moving up should lead our team to victory next year. I'll really miss playing with all the girls." -Reashelle Morrow



"At the beginning we had a few problems among the girls, but it was soon resolved. After things settled, there was immediate success. I just wish the success came sooner. Good luck to next year's squad! I'll miss all the younger girls, and I'll especially miss their talent." -Desha Scott

2003 Varsity Volleyball



Back row left to right: Ashley Cannon, Kayla Wells, Desha Scott, and Tonya Stallard- Middle: Jacquelyn Greiner, Sasha Ball, and Amanda Millif- Front: Reashelle Morrow

	Us	Them	
Richlands	1	2	L
John Battle	1	2	L
Tazewell	0	2	L
Lebanon	1	2	L
Lee	0	2	L
Marion	0	2	L
Abingdon	1	2	L
Honaker	1	2	L
Richlands	0	2	L
John Battle	1	2	L
Tazewell	0	2	L
Lebanon	2	2	W
Lee	0	2	L
Marion	1	2	L
Abingdon	1	2	L
Honaker	0	2	L



"I have enjoyed playing volleyball for VHS for four years. I hope that the girls coming up will help the program and enjoy it as much as I did." -Amanda Millif

Jr. Varsity



Serving style- In the process of serving, sophomore Sasha Ball leads the Lady Cats to another point that contributes to the defeat of the Girls' Varsity from Lebanon. Efficient serving technique is required for a good offense in volleyball.



Easy does it!- After carefully playing the ball to her teammates, senior Amanda Millif cautiously awaits the ball to be played back over the net. Being in the appropriate position and stants are essential for success in volleyball.



I've got it!- While waiting for the ball played from the other team to drop, sophomore Ashley Cannon and senior Desha Scott assume the correct position and move to the correct location to receive the ball. Estimation is a very important skill required in volleyball.

Team work- After a pass by freshman Kayla Wells to her team mate, senior Reashelle Morrow prepares to receive the ball in order to play it back to the other team. Team work is the key concept in volleyball that not only wins games, but bonds the team together for optimum performance.



Top row left to right: Jennifer Tucker, Brynna Duckett, Alma White, Stephanie Hall, Hannah Shankel- Bottom row: Amanda Millif, Kayla Thompson, Chelsea Bishop, Tiffany Necessary, Sarah Jones

	Matches won		
	Us	Them	
Richlands	1	2	L
John Battle	1	2	L
Tazewell	1	2	L
Marion	1	2	L
Lee	1	2	L
Lebanon	0	2	L
Abingdon	0	2	L
Honaker	1	2	L
Richlands	1	2	L
John Battle	0	2	L
Tazewell	0	2	L
Lebanon	1	2	L
Lee	0	2	L
Marion	1	2	L
Abingdon	0	2	L
Honaker	0	2	L



Huddle!- During a time out, the junior varsity squad huddles together to discuss problems and techniques needed to be utilized. Hearing advice and criticism from team mates is often very helpful in improving performance skills.

Line up!- Before the next play sophomore Jennifer Tucker, so and so and so and so and so line up to counter the opposing team's defense. Strategy and plays are sometimes deciding factors between wins and losses.



GC Road Rutes



Who's the Boss? These cross country members fought hard throughout the whole grueling race. Senior Amy Derr and Junior Brandon Pruitt have both been members of the cross country for three years. These runners are dedicated.

Cross Country-Virginia High School

Amy Derr: Senior

"Although this years team wasn't as big or successful as I anticipated, I have enjoyed cross country the four years that I have run."

Dominic Nicastro: Senior

"Because of our continuous hard work and our new coach, this year proved very significant for me. Cross country was an enjoyable part of my four years at Virginia High School."

Brandon Pruitt: Junior

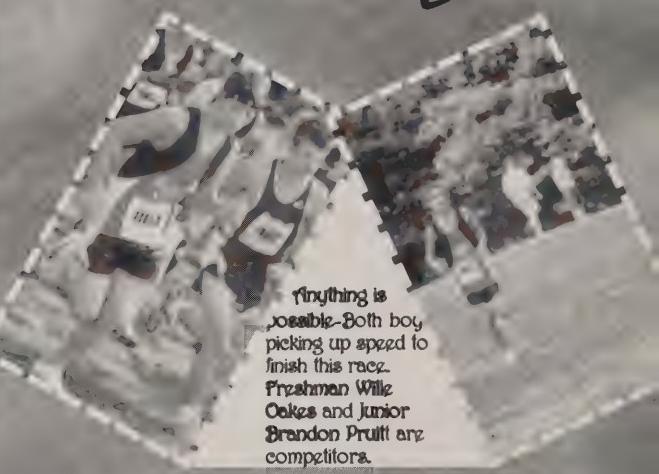
"What I've enjoyed most about cross country is the people we run with and the fun times we have together. Hopefully next year our team will expand and be more prosperous."

Willie Oakes: Freshman

"I hated being put down for being a member of the cross country team when in actuality it was a fun experience and one of the hardest sports I have ever competed in."

Anything is possible-Both boy picking up speed to finish this race. Freshman Willie Oakes and Junior Brandon Pruitt are competitors.

Boy Needs a Lead-Running along the brick paved roads of across country race, freshman Willie Oakes experiences exhaustion for the first time.



Gone with the wind- While trying to take the lead, Senior Dominic Nicastro shows off his long distance endurance while tromping through mud.





"When you put yourself on the line in a race and expose yourself to the unknown, you learn things about yourself that are very exciting."
- Doris Brown Heritage

"I always loved running. It was something you could do by yourself, and under your own power, you could go in any direction fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."
- Jesse Owens

"Stadiums are for spectators. We runners have nature and that is much better."

Juha Vatinen, Finland

"Running is the greatest metaphor for life, because you get out of it what you put into it."

America's Funniest Home Videos—The cross country team is small but powerful. The runners worked very hard with their new coach and over all had a successful season. Go Bearcats! Keep on truckin'!

BAYWATCH

Swimming & Diving



Rookie School

Still learning the ropes? Maybe not for sophomore Taylor Bracher seen here taking a break between events with other teammates.



Old Friend: 'The End?

The senior swimmers are honored on senior night at Tennessee high. It proves to be a sentimental night for them reminding them of their last year together.



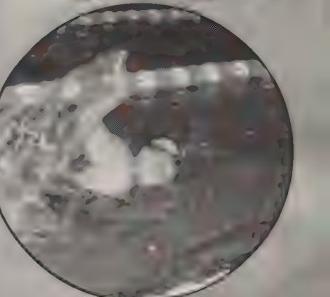
Hot Water

Swimming butterfly at an incredible pace, sophomore Alicia Arnold races to beat her opponents as well as the clock.



Someone to Baywatch over you

Coach Caldwell and the Team rally for a big meet against our longtime rivals the Vikings. Caldwell has always kept a good relationship with his swimmers and the team always has a fun time.





Shark Derby

In hopes to lead his team off to victory, senior Wyatt Fore dives right on in to begin his race. Wyatt has been on the team all four years of his being at Virginia High.



The Big Race

The start of the season has begun. Swimmers from all around the area partake in the race. Here we see the swimmers starting off the blocks and beginning the strenuous race.



GLADIATOR

Wrestling



The Senior Wrestlers: Josh Booher, Tyrone Jackson, and Yi Chen.

Winner- Winning can feel so good. Senior Tyrone Jackson feels that way now because here he is shown being congratulated on his win.



Senior Reflections



Josh Booher



Yi Chen



Tyrone Jackson

"Wrestling has been very hard, but it has all been worth it. Coach Cressel has encouraged me the whole way. This has been one of the best things I have ever done in high school."

"I enjoy wrestling because it allows me to express myself in a different way than band does. In wrestling I can only depend on myself to win, but with other great people you can rely on each other to achieve victory. For this reason I think that wrestling is one of the best sports anyone can play."

2003-2004 Wrestlers



From left, back row: Brian Rosenbalm, Jonathan Lampkins, Landon McMurray, Steven Witt, Travis Kudela, Kimmy Cheers. (not pictured John Millard). Middle Row: Stephen Hamrick, Josh Booher, Joey Curcio, Jason Kukowski, Kalleb Millican, Tyrone Jackson, Coach Cressel. Front Row: Yi Chen, Gang Chen, Brandon Castle, David Addison, Dustin Roberts.

"with only having three seniors on the team this year I feel that our record of ?? has shown tremendous effort and dedication to this sport. The seniors have represented themselves and this school with unparalleled commitment.

-Coach Ed Cressel



VHS 'CATS SCHEDULE

Dec. 12 - Titan Hidden Valley	Away
Dec. 13 - Invitational - Roanoke	Away
Dec. 19 - Christiansburg	Away
Dec. 20 - Christiansburg Tournament	Away
Jan. 03 - Jefferson County Duals	Away
Jan. 10 - GIT- Greenville TN.	Away
Jan. 17 - Knox Halls Invitational	Away
Jan. 22 - Abingdon	Away
Jan. 27 - Greeneville Tri-Match	Home
Jan. 29 - Marlinton	Home
Feb. 03 - Elizabethton, Richlands	Home
Feb. 07 - Bearcat Duals	Home
Feb. 19 - Highlands Tournament	Away
Feb. 27 - Region IV Tournament	Away

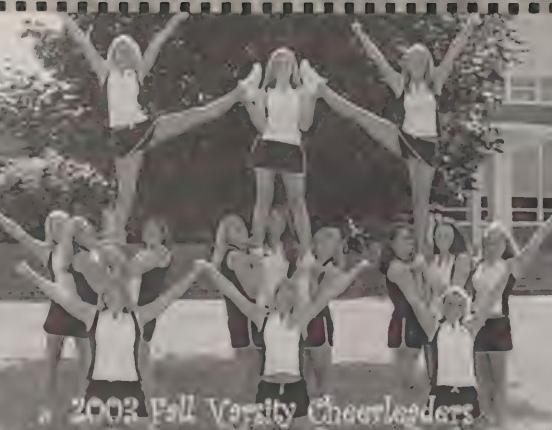


Head to head- Starting the match is a critical in a wrestling match. Here senior Josh Booher gets ready for another victory.



All tied up- Wrestling moves can get you in some pretty tight situations. Here a Virginia High wrestler shows his opponent how tight it really can get.





2003 Fall Varsity Cheerleaders

Cheerleading Coach
Lynda McClanahan



A Thought From Our Seniors

Brittany Leigh Sourbeet

"I am happy to have been a part of cheerleading for three years at MHS. I have made a lifelong friendship with all my teammates that will last forever. We have come a long way, and I consider the cheerleading squad the best of last competing last year. Thanks to the help of Mrs. McClanahan we have improved tremendously."

Morgan Ashley Sharp

"I am so glad that I got to cheer this year with all of the girls and Mrs. McClanahan. This cheerleading squad has improved very much, and I am glad that I could be a part of it. I hope the girls keep getting better each year and beat their last in their next competition."

Diana Catherine Stringer

Camp FM



Competition Corner

Wicked Temptations - After a dominating the football field, seniors Whitney Rosenbaum and Lauren McDevy do what at El Pato with the rest of the varsity squad. It's always fun to go have a night out with all the girls.

Family Matters - With tears in their eyes all of the past cheerleaders got together for one last picture with their old coach Debra Irwin, even though she is no longer the coach. She will always be there for the girls.



Winning Walk - after placing third in Blacksburg, Va. the entire school walked away with overall 1st place and the top team award when the VHHS Cheerleaders got the chance to show their stuff the teams walk away with the gold.





American Dreams

To Be Announced-
Practice makes perfect when Senior **Danna Hill** rehearses her act for Drama Class. Drama students at Virginia High are often highly motivated by the fun and great experience they have in preparation for becoming the best actors and actresses.

**One 7th of your life
Will be spent on Mondays.**

Who's the Boss?- Master Chemist Senior **Joe Shaw** works out AP Chemistry problems in **Mrs. Orr's** class. AP Chemistry is a challenge for those who choose this class, but is also a confident step for their future education.

Meet the Press- With so much work involved in Mr. Mitchell's class, Juniors **Robbie Harris, Travis Kelsey, and Micheal Wells** show us their best smile. History is a great way to build on one's knowledge of the world

**Triumph is "umph"
added to try.**

It's Good to Be... Band Members such as Sophomore's **Heather Fleenor** and **Margaret Pulglisi** practice for the marching season during the chilly fall. "Marching season is great because it's a combination of beautiful sounds with artsy and creative visuals. I wouldn't miss it for the world.- **Heather Fleenor.**

Golden Girls- Taking vigorous notes in Mrs. Baumgardeners class, Seniors **Amy Derr, Brett Mornings, Heather Surber, Sarah Fleenor, and Hanna Milter** try to stay on top of their school work. Determination is the key to Virginia High's top students.



**Life
between
Summer**

...and the days of summer
are here again.
The sun is out, the birds are
singing, and the flowers are
blooming. It's time to relax
and enjoy the warmth of the
sunshine. Whether you're
planning a vacation or just
want to spend some time
outdoors, there are plenty of
activities to keep you busy.
So grab your sunscreen,
your swimsuit, and your
beach chair, and get ready
for a fun-filled summer!

Smart Guy-AP
Chemistry proves to be a tremendous challenge right before exams, even for Senior Barry Hall and Junior Eric Moffat. Virginia High School's AP courses are well worth the effort to understand many concepts of science.



The BEST school in town

Three's Company- In sports marketing class, Senior Courtney White and Junior Brandi Shaffer are aided by Mrs. Dean in a Fantasy Football project. Many teachers at Virginia High School are hopeful and dedicated to improving their student's education in any field they are interested in.



It's All Relative- Finishing up on the day's math assignment, Junior Kevin Hubbard gladly takes a break to smile for the camera. Virginia High has many math courses from Math Methods or Trigonometry, to Algebra and Geometry.

Express Yourself



Cooking with Master Chefs- Fixing up something good in Mr. Taylor's class, Freshmans Rikki Leonard and Tonye Gobble learn the secrets behind what makes a real chef. Culinary Arts is an excellent class to develop one's homemaking skills.



Statements in Sterling Gems- "Mr. Duffield is a great teacher and a great friend. His class is one of my highlights in my schedule." -Junior Clyde Nophlin

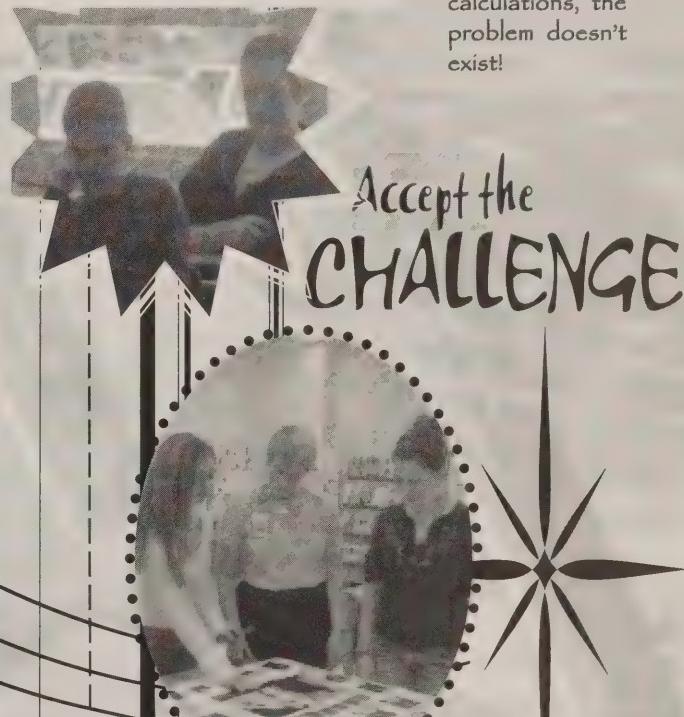
Killer Instinct- Drama activities always proved to be comical. I had so much fun doing the activities and watching other peoples improvisations." -Senior Amy Miller

word has it

You either have to be first, best, or different.

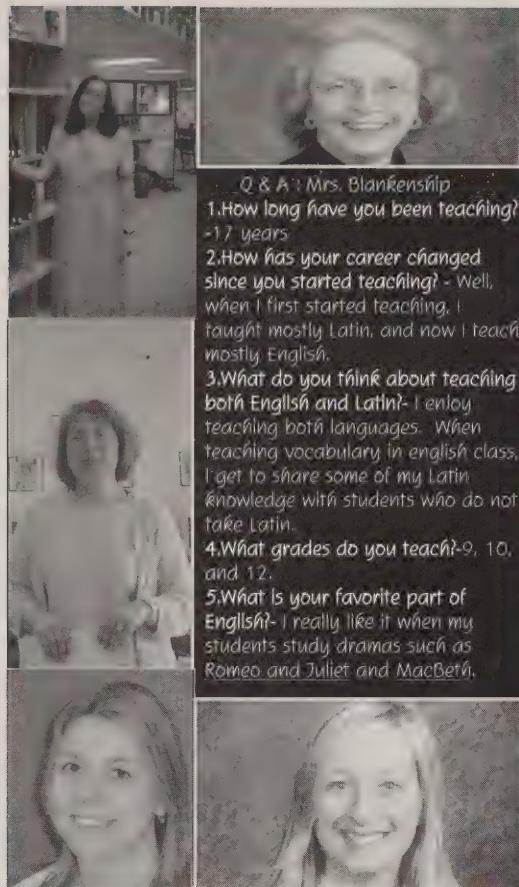
How's That Work? Busy pondering on English topics, Sophmores Aaron Gorley and Calen Dishman dish out information from their intelligent minds. Learning English concepts fully aids students in social situations.

According to my calculations, the problem doesn't exist!



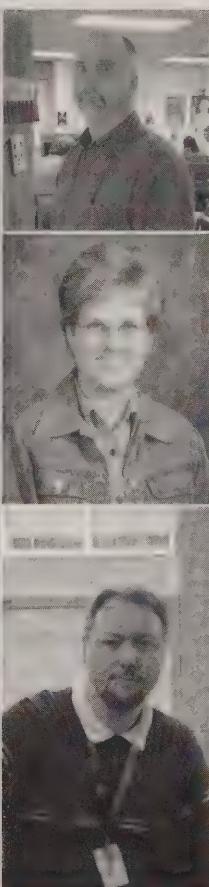
Most Extreme Elimination Challenge- In Fashion Marketing Seniors Nikki Swiney and Brett Mornings get advice from their teacher Sharon Acuff on which outfit looks the best. Fashion Marketing can be useful to just about anyone interested in style and popular culture.

The Weakest Link

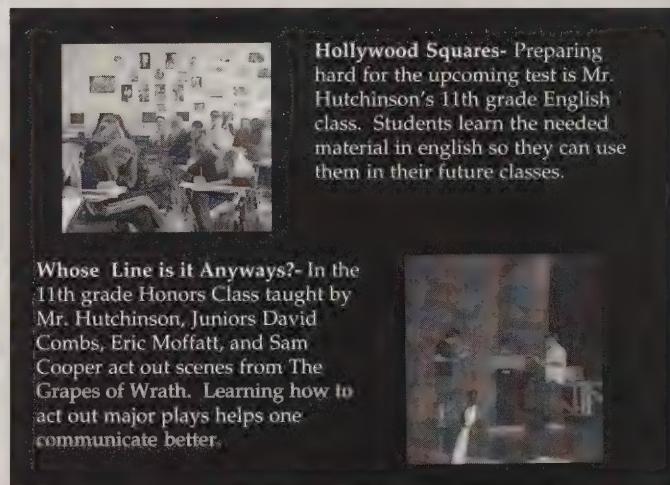


Q & A : Mrs. Blankenship

1. How long have you been teaching?
- 17 years
2. How has your career changed since you started teaching? - Well, when I first started teaching, I taught mostly Latin, and now I teach mostly English.
3. What do you think about teaching both English and Latin? - I enjoy teaching both languages. When teaching vocabulary in English class, I get to share some of my Latin knowledge with students who do not take Latin.
4. What grades do you teach? - 9, 10, and 12.
5. What is your favorite part of English? - I really like it when my students study dramas such as Romeo and Juliet and Macbeth.



Any Day Now!
Waiting on instruction from Mrs. Blankenship are Freshmen, Jordan Fritts and Peter Laumen. Students must always make sure they follow all instructions!

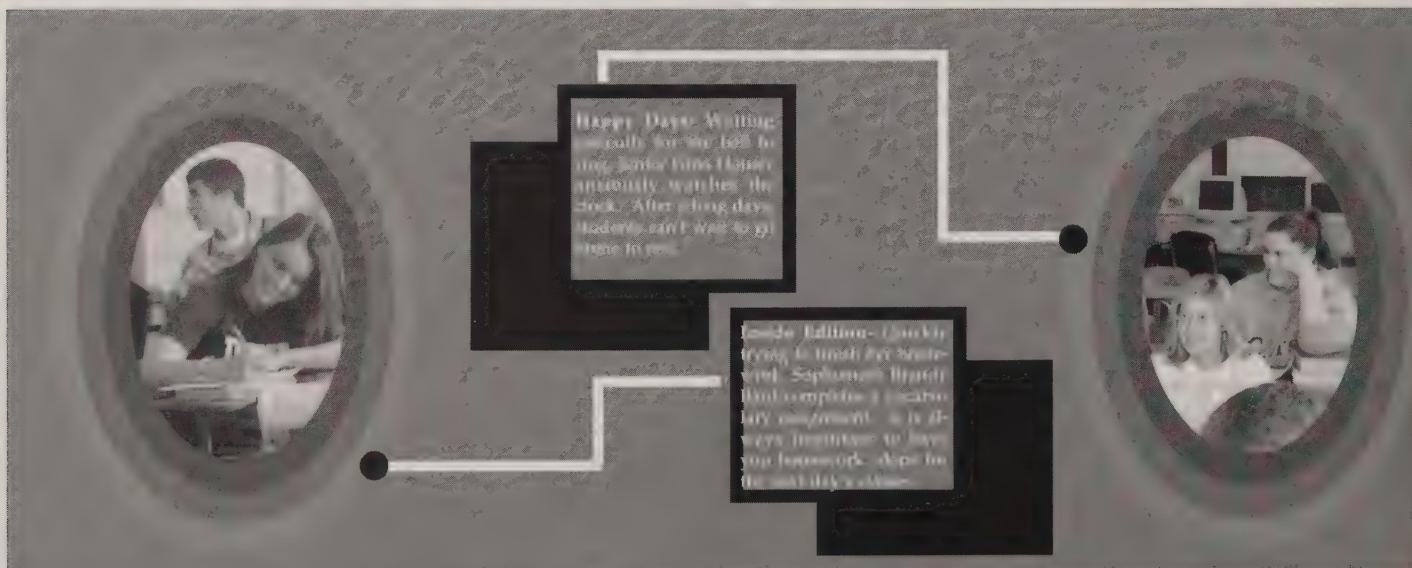


Hollywood Squares- Preparing hard for the upcoming test is Mr. Hutchinson's 11th grade English class. Students learn the needed material in English so they can use them in their future classes.

The Basic Element

English is the tool that holds all basic comprehension together.

Whose Line is it Anyways?- In the 11th grade Honors Class taught by Mr. Hutchinson, Juniors David Combs, Eric Moffatt, and Sam Cooper act out scenes from The Grapes of Wrath. Learning how to act out major plays helps one communicate better.



Inner Days Writing:
Each morning before school starts, I have to write in my journal. I have to write in my journal every day. After doing this for a few days, I can't wait to go back to my journal.

Inside Editions- Gatsby trying to finish his Inside Editions assignment. He had completed a majority of his assignment, but it was time to do his homework. Despite the fact that he had



My favorite novel is Neverwhere by Neil Gaimer. Neil Gaimer has written a lot of great book and comics. This novel is one of the best!

-Sarah Emory



My Favorite book is Remember When by Nora Roberts. It is a good book, and is extremely interesting.

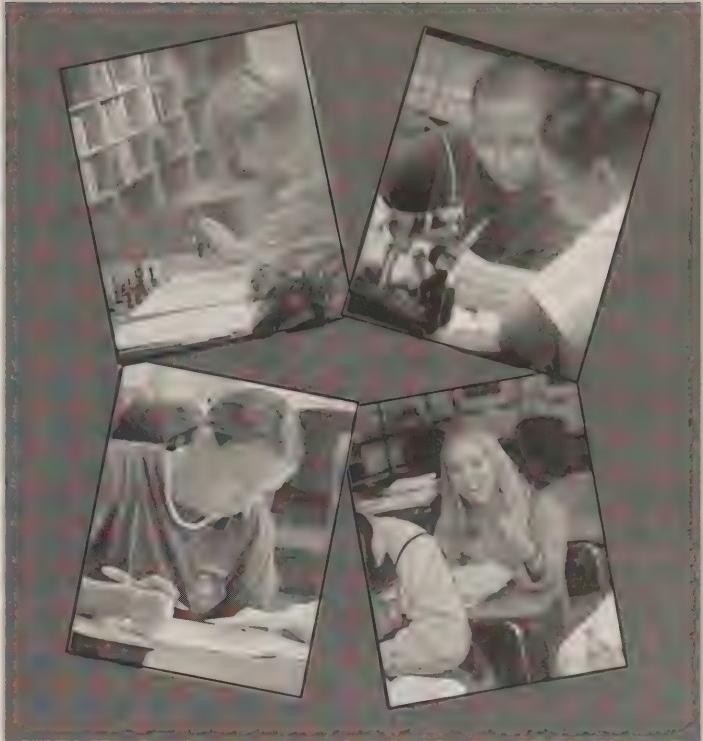
- Jean Bradley



My favorite book is Same Stuff as Stars. I like the book because the main idea was based on a true story, which made me understand how hard some people have it.

-Adriana Ontaneda

What is your favorite novel?



Whats Going On? In a daze, Seniors Katie Pittman and Natalie Wilson look over a difficult assignment. English classes can aid students in their reading comprehension skills that are important to life-long learning experience.





Twilight Zone - While sitting in Coach Todt's ecology class, seniors **Trent McVey** and **Sarah Fleenor** work on activities from their text books. Book work is something every student could live without.



Cheers - Taking a break from working hard, junior **Chetwyn Pete** and senior **Brett Mornings** share a laugh as they smile for the camera. Joking around is a good way to relieve stress during the day.



Masterminds - Lab partners, senior **Matt Grimm** and junior **Logan Rayburn** clean up after an activity in ecology. A good lab partner is crucial to getting a good grade.

Dexter's Laboratory



Fear Factor - Before digging into a type of dirt, seniors **Hunter Meade** and **Reashelle Morrow** examine the contents of a tub. Students will often be surprised at what they find when doing science labs.



Smart Guy - Working on a lab project senior **Ryan Callanan** uses a scale. In science, scales are often used to measure amounts of substances.



Bill Nye the Science Guy - Concentrating hard, sophomore **Cory Steele** takes a test. Tests are often the hardest part of any class.



Jimmy Neutron - While working in ecology, senior **Chris Frazier** takes a moment to sit back and relax. Taking time out from your day to laugh with your friends is a great way to make the day go faster.



So Little Time - Trying to work out an equation, junior Kelly Maples takes a chemistry test. Taking tests is something almost every student dreads.



C.S.I. - Examining a solution, senior Julie Ward discovers what she is trying to solve. Labs are a good change from regular school work.



Guiding Light - Taking break from teaching, Coach Adams takes a moment to smile. After a full day of teaching anyone would need a break.

Science
has the
sparks to
ignite
knowledge



Personality Profile

As told by Myra Orr...

How long have you been teaching Chemistry?

-18 years

What is it about science that you love so much?

-The process, the questioning, the way it makes you think.

What do you find to be the hardest thing about teaching?

-Trying to motivate students who don't care whether they learn anything or not.

What challenges do students seem to face every year?

-Peer pressure, societal pressures, the "dumbing down" influence of the media!



How has your curriculum changed over the years?

-I use more technology than 18 years ago.

What is your favorite activity that you teach each year?

-Making ice cream to celebrate being finished!



"The aim of science is not to open the door to infinite wisdom, but to set a limit to infinite error."

-Bertolt Brecht

Two of a Kind- During math class, Mrs. Drodzowski helps her students on a difficult math problem. Teachers at Virginia High are always willing to help.

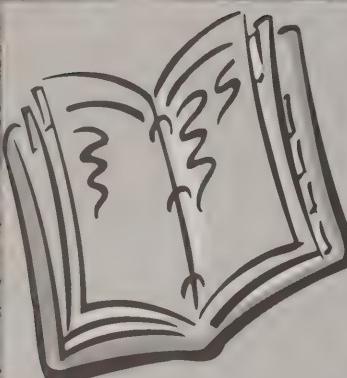
Investigative Reports- Doing make-up work, sophomores Dennis Brewer and Josh Sagle, work on six-weeks reports.



Hour of Power- After a long test, Mrs. Young collects her student's tests. Tests are very important to academic curriculum.

Who's the Boss- During math class, Mr. Osborne lectures the class on recent notes. It is important for students to stay on top of their assignments.

Issues and Answers- At the beginning of each class Mrs. Melkowski answers questions on the night before homework. It is important to review home work before going over notes.



Seinfeld-Taking a break from class, sophomore Karissa Skeens heads for the water fountain to get a refreshing drink of water. It is important for students to get lots of water during the strenuous hours of school.

Chalkzone-Taking a break from teaching class, Mrs. Melkowski smiles for the camera. It is important for each teacher to have a sense of humor.



Big Thinkers

Dharma and Greg- During math class, senior Chandra Dickenson listens intently to the day's notes. Students take all of their subjects seriously.

Off the Wall- During class, sophomore Ricky Martin and freshman Phillip Jordan work together on a group project. Math teachers use group assignments to help.

Problem Solvers- Working on her homework, Constance Whitner finishes the last problem before the bell.



Friends- After a long math class, sophomores Nichole Treadaway and Lacey Smith discuss plans for the weekend. Many students converse after their studies are over.



Street Smarts- While working on a test, junior Tyson Beckford uses the calculator to help him with a problem. Calculators are used by both teachers and students on assignments.



Perfect Match- Helping a student with a problem, Mr. Osborne teaches the fundamentals of that lesson. Teachers often review with students individually for extra help.



Three's Company- During the math class, seniors Wyatt Fore, Chen, and Geri Goodpasture excel their way through the homework. During class, studious habits are virtue.

Personal Profile

What levels of math do you teach?

Algebra II, Geometry, and Integrated Geometry.

Why does math require extensive tutoring?

Students need practice; they may know the material, but there is so much room to make errors.

What strategies do you use to motivate your students?

Food and try to instill a desire to learn.

How do you feel your students did on last year's SOL?

Fantastic.

How long have you been teaching?

Twenty-three years.

What is your favorite level of math?

Geometry.

Which level of math is the hardest in your opinion?

Algebra I A

Explain your grading system?

Tests are worth a 100, quizzes are 20, and homework is five. After all the points have been added you divide points earned by the total number of points.



As Time Goes By-Working on her homework, junior Clarinda Anderson doesn't even stop to breathe. Students at Virginia High take academics very seriously.

A-Team-Paying attention in class, freshman Katy Sharp knows that she will soon get her A. Students work hard to achieve their good grades.

Smart Guy-Taking a break from his work, sophomore Chris Wilson smiles for the camera. Even during the strenuous hours of school students still have a sense of humor.



Just Shoot Me-Waiting for the bell to ring, freshman Preston Smith looks frantically at the clock. Students often long for the day to be over.



Find the Children-Mrs. Erickson teaches Integrated Geometry, Algebra II, and Precalculus.

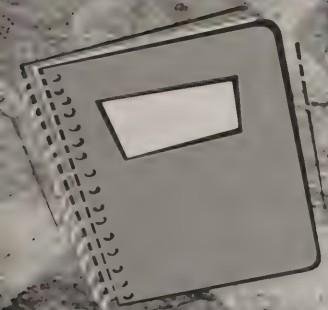


Morning Edition-Mrs. Malloway teaches Integrated Algebra and Geometry. Honors Algebra I A.

Calm in the Classroom-Mrs. Drakowski teaches Algebra I and Algebra II.

Head of the Class-Mrs. Young teaches Algebra I A, Computer Math, Math Methods, and Calculus.

Drew Carey-Mr. Osborne teaches Geometry A and B, Integrated Algebra I.



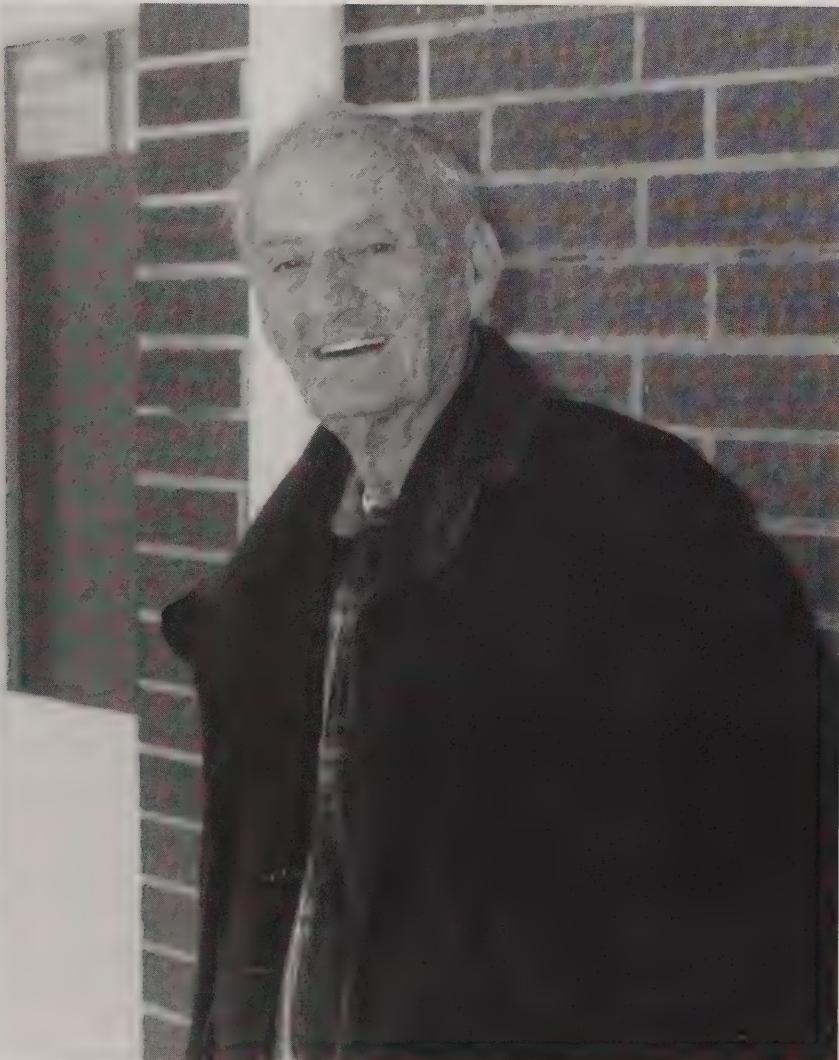
Next Generation

Preparing for the next era in their lives....



Grease is the Word - During their middle school grades seniors Bretta Morenungs and Hannah Miltier attempt to portray Danny and Sandy from the musical *Grease*. The annual talent show was a highly anticipated event by many.

Mr. Bill - In between classes the janitor, referred to as Mr. Bill, tries to clean areas that students have messed up. The cleaning staff keeps the halls and classrooms clean that help further the learning process.



Daily Workout - As they await their final race freshmen **Tanya Stallard** and seniors **Dominic Nicastro** and **Amy Derr** stretch their muscles. Preparation for a race is integral to a strong win.



Brain Power - In a early mornign rehearsal members of the stage crew try to wake up and prepare for the long day. Many hours were spent designing, creating and directing the musical *West Side Story*.



Third Watch - Trying to retrieve an important file freshmen **Amanda Slage** and **Georgia Fields** search through documents on the hard drive. CIS classes teach students the fundamentals of creating, sorting and finding files.



1



2



Scare Tactics - During a weekend rest senior Nikki Swiney attempts to frighten her friends.



Standing Still - Finally getting a break from instructor these teachers explore learning options in the library.

4



1 - Danna Hill, Amy Duncan, Courtney Wright 2 - Pam Neal, Brad Hutchinson 3 Ashley Jones, Willie Oakes, Maggie Wingard 4 - Clyde Nophlin
5 - Maggie Wingard, Amanda Dannhardt, Brittany Sourbeer 6 - Amy Miller, Meredith Cooper



Summer Rental - At a vacation getaway juniors Sara McVey and Whitney Rosenbalm look at recent pictures and remember unforgettable moments.

World Tour

Personality Profile - Mrs. Johnson



1. How long have you been teaching foreign language?

I've been teaching about 20 years.

2. Why do you think that so many student have chosen to take spanish?

It's the most practical given the location of the United States.

3. Why do you think there is such a decrease in the latin program?

Students enjoy conversing in a different language.

4. What other languages would you like to see offered at VHS?

German and Italian

5. Do you find it easy to understand a language when you travel to a different country?

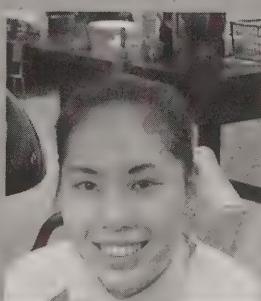
yes, and it gets easier the longer you're there.

6. How did you learn how to speak different languages?

I lived in France and went to a French school and took all subjects in French. Then high school, college and graduate school.



What is the biggest difference between your school and ours?



"In Hong Kong we get an hour and fifteen minutes for lunch and we get to leave school."

Cindy Kwong



"In South Korea we have to go to school all year, and our semester's start in the spring."

Mo-ah Son

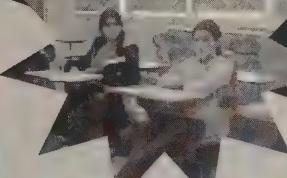


"In Hong Kong we are given certain subjects that we have to take. Here we get to take fun classes."

Hong Nghiem

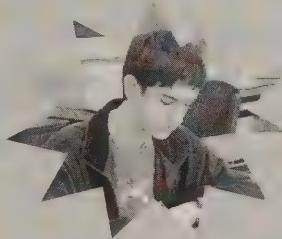


As Time Goes By- Paying close attention to her French IV teacher Mrs. Garner, Senior Amy Derr, takes in what her teacher has to say. Taking French is a good idea if you plan on traveling to a different country.



Nuestro Mundo-
During Mrs. Johnson's Spanish V class, Seniors Dana Hill and Jill Stewart take a short break. Spanish is quickly becoming the second most common language in America.

Still Standing- Getting involved in her work, Freshmen Paige Dorton gains the social experience to understand the language. Learning Spanish is a good idea cosidering the uprise of the spanish language.



Head of The Class- While sitting in Mrs. Johnson's spanish class, freshmen Craig Lewis reviews for his assesment test. Taking a foriegn language is a good way to increase your communication skills.



El ojo critica- While sitting in her Spanish II class, Gabby Camper completes her homework for the next day. Although school work is important, a large part of a students work is done at home.



Closer Look- While sitting in her French V class, senior Devin Williams, tries to concentrate on what Mrs. Garner has to say. French is becoming one of the universal languages.



Focus- Concentrating hard in Mrs. Garner's class, Junior Corrine Moore focuses on her homework. Homework is a critical part of French class.



Animal or Dreamer? - In Art II, junior Stephanie Campbell is given a lot of creative projects. Here she works on a self portrait of her own pet.



8 Simple Rules - Discussing their opinions, **Mrs. Simmons** shares her knowledge with senior **Amy Miller**. As the instructor of the course, **Mr. Simmons** teaches and advises students on both a group and an individual basis.



Still Standing - Here sophomore **Conrad Hess** and junior **Kaleb Millican** work diligently on their paintings. Time and patience are key to being a successful student or artist.



The Outer Limits - Expressing his unique side, junior **Joey Curcio** paints carefully. Creativity is one of the most valued traits of any artist and is highly encouraged.



A Different World - One brushstroke at a time, sophomore **Nichole Treadway** watches as her abstract painting comes to life. Students in art class work on a variety of different projects throughout the year.



Designing Woman - Colored pencil in hand, senior **Laura Leppert** adds vibrant color to her drawing. Many exercises the students perform are designed to teach them techniques such as color and shading.



Keeping Up Appearances - Attempting to keep things in line, sophomore **Sterlin Hammond** cautiously traces an outline. Contour and line drawings are an important part of art, as is general drawing design.

Time of Your Life - At the end of class, junior **Larissa Vla** reflects happily upon her work as its nears completion. Many students find art rewarding and the class atmosphere pleasant and enjoyable.

Work With Me - Concentrating hard on the task at hand, junior **Ashley Jones** practices contour drawing in her Art I class. Students must learn many essential techniques before applying them to their own art.



All About the Art - Head down and pencil held tight, junior **David Blanton** strives to complete a piece. Being able to produce high-quality work at a fast pace is a valuable lesson from exercises such as these.



Trading Spaces



Different Strokes - While sorting for materials to use, senior **Amy Duncan** and sophomore **Conrad Hess** brainstorm for ideas. Being able to plan ahead helps to ensure the success of a project.

"I believe art can truly enrich your life. It lets you appreciate the beauty of the world – both man-made and natural. Art is simply invaluable. It, of course, can also prove to be fun and a creative outlet. The projects depicted in *Trading Spaces* seem to me very fun and imaginative – to think of all the possibilities. Art class is definitely related. I give the students an assignment, much like the contestants are given a house in the show, and some basic boundaries. From there, the students – or contestants – are creative and design to their own desires. That's what I love about teaching art. The basic assignment may stay the same but the end result is always unique to the creator."

- Mrs. Simmons

Absolutely Fabulous - Proud of her work, senior **Amy Miller** holds up an impressive colored pencil piece. Students who excel in their assignments are recognized for their achievements.



Mrs. Simmons is a very interesting person and she's taught me many things about art. Because of her, I truly see the world from a different perspective.

Art class is enjoyable because we do many introspective pieces. I think this is a valuable learning experience for my fellow students

- Junior **Amanda Miller**

- Senior **Meredith Cooper**

The Makeover Story

Cosmetology III is a three-period course in which students advance their study of the theory and practice of the manipulative skills required for licensure. The course reinforces the competencies taught in Cosmetology I and II with emphasis on anatomy and physiology, advanced hair design techniques and salon management in preparation for state licensure.



"The addition of the Nail Tech program seems to be very successful. The program allows the student to receive certification in one year to work as a nail tech."

-Mrs. Phelps

"This job opportunity involves manicures, various nail enhancements, and techniques of skin care on the hands and feet."

-Mrs. Phelps

Extreme Make-over-In order to perfect their cutting styles, students diligently work on mannequin heads. In cosmetology students work on real life situations.



The Girls' Room - Creating their hairstyles these students line up in front of the mirrors in order to see their customer from every angle. Students have their own individual cubbies that allow them to keep their supplies organized.



Without a Trace - Before attempting to design another creative hairstyle, sophomore **Jasmine Bernard** washes and prepares the wig for her latest project. Students often practice on wigs before they are given a chance to cut and style a customer.

A cut above the rest

Cosmetology

Direct Effect - After preparing her relaxation lotion, sophomore Toni Montgomery applies it to her mannequin. Preparing permcides is an essential to the beauticians' normal regime.



Two of a Kind- During Math class, Mrs. Drodzowski helps her students on a difficult math problem. Teachers at Virginia High are always willing to help.



Investigative Reports- Doing make up worth, Sophomores Dennis Brewer and Josh Sagle, work on six-weeks reports. Six-weeks reports are a new way students work on their math.



Who's the Boss- During Math class Mr. Osbourne lectures the class on recent notes. It is important for students to stay on top of their assignments.

Issues and Answers- At the begin of each class Mrs. Melkowski answers questions on the night before's homework. It is important to review home work before going over new notes.



Seinfeld-Taking a break from class, Sophomore Karissa Skeens heads for the water fountain to get a refreshing drink of water. It is important for students to get lots of water during the strenuous hours of school.

Big Thinkers

Dharma and Greg- During Math class, Senior Chandra Dickenson listens intently to the days notes. Students at Virginia High take all of their subjects seriously.



Off the Wall- During class, Sophomore Ricky Martin and Freshman Phillip Jordan work together on a group project.



What Were You Thinking- Digging through his bookbag, Sophomore Brett Sharp looks frantically for his homework. Organization is a key factor in success.

Street Smarts- While working on a test, Junior Tyson Beckford uses the calculator to help him with a problem. Calculators are used by both teachers and students on assignments.



Problem Solvers- Working on her homework, Constance Whitner finishes the last problem before the bell. Students often try to finish their homework before the bell.



Saved by the Bell- Finishing a test a student rushes through the last problem to finish. It is important to finish tests before the bell.

Modern Marvels- During class, Sophomore Sterlin Hammon works on his homework while he waits for the bell. Most students long for the bell during class.

Three's Company- During their Math class, Seniors Wyatt Fore, Yi Chen, and Geri Goodpasture excel their way through the homework. During class studious habits are a virtue.



Just Shoot Me-Waiting for the bell to ring, Freshman Preston Smith looks frantically at the clock. Students often long for the day to be over.

Teacher of the Month-Mr. Dziedzinski
Pre-Algebra Geometry
Algebra I



Teaching Mathematics-Mrs. Melkowitki teaches:
Integrated Algebra and
Geometry
Geometry
Algebra I A

Cable in the Classroom-Mrs. Dziedzinski teaches:
Algebra I
Algebra II



Head of the class-Mrs. Young teaches:
Algebra I A
Computer Math
Math Methods
Calculus

Drew Carey-Mr. Osborne teaches:
Geometry A I and II
Integrated Algebra I

AMERICAN IDOL

Q: How long have you been teaching and what inspired you to teach Choir?

A: "Seven and a half years, and my love for music and desire to share that with others is what inspired me to teach this class."

Q: Why do you think students should participate in choir?

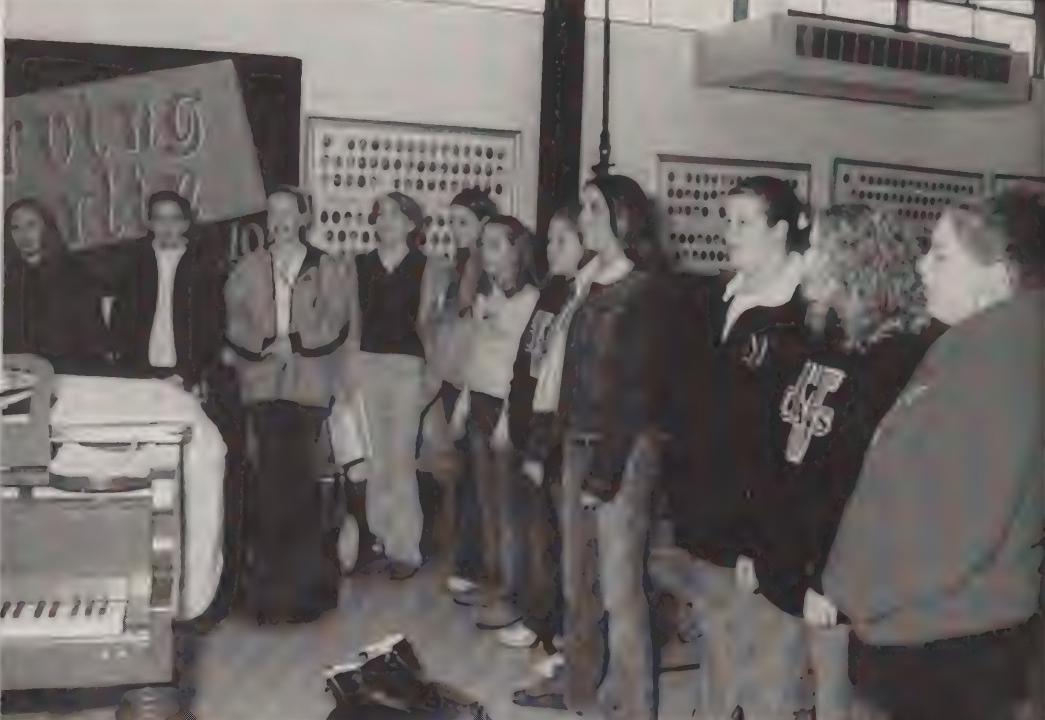
A: "I think it builds self confidence, and expands their knowledge of performing arts."

Q: How do you choose students for chorale?

A: "Choosing students is based upon their ability as a musician and vocal quality."

Q: What are some of the student's favorite songs?

A: "O Happy Day, He Never Failed Me Yet, and Carol of the Bells."



Rugrats- Girls now why aren't you with the class singing like a bird. Taking a time out sophomore Brandy Barb, and freshmen Brooke Sourbeer, and Heather Scragg break a smile.

Real Life 101- Do you really think you could play the piano like **Mr. Coffman**? Sitting on the hot seat freshmen **Jessica Lewis**, **Jordan Fritz**, and **Alma White** chill after a hard couple weeks of practice for their Christmas concert.

Sorority Life- Belting out their most beautiful sound altos give **Mr. Coffman** the rehearsal of a lifetime. The altos are also in the second period and say "we enjoy being with the sopranos even though we make the better sound."

Happy Days- Helping the sopranos **Mr. Coffman** gets them to hit the high notes. This second period chorus is an all girl class with the sopranos and altos all in one.

Who Is Your American Idol??



Red Auerbach

Mus

c washes away
the soul the dust
everyday life



James Brown

I've outdone anyone
can name — Moz

Beethoven, Bach, Stri
ng Berlin, he wrote
90 times. I wrote 5



Music is well sai
be the speech of

angels; in fact,
nothing among the
aces allowed
us to be



Making the Band- Practicing a
number for their upcoming concert fourth periods juniors
Mitch Morrow, Dustin Roberts, and Kaleb Millican try
not to mess up.

"I think that choir builds self-con-
fidence , and it expands their
knowledge of performing arts,"
says Mr. Coffman



Three Stooges- Memorizing
lyrics Mitch Morrow, Dustin
Roberts, and Kaleb Millican
go through their music one
last time before the concert.



Teachers Pet- Mr. Coffman leads
the choir through their music.



The Price Is Right



Personality
Profile - featuring
Lisa Dean

Candid Photos
Inside the Cat Den

Personality Profile



1. How many years have you been teaching? "This is my 8th year teaching Marketing."
2. What inspired you to become a teacher? "I decided to become a teacher to touch lives and make a positive difference. I wasn't able to do that in the corporate world."
3. What kind of strategies do you teach in Marketing? "Students learn about promotion, advertising, pricing, economics, financing, purchasing, product development, marketing research, just to name a few."
4. Why should students take a marketing course? "Marketing is used in every business. Whether you want to own your own business or if you are marketing yourself for a job, this is the class for you. This course teaches you to market products, market yourself, and become an educated consumer."
5. What is your favorite thing about teaching marketing? "I love to teach marketing because it is exciting and can be applied to everyday situations with ease. Students see the connections and are able to use the information instantly."

(Cat Den) Inc.

Designing Women-Working hard to finish just before the bell, seniors Chandra Grubb, Sara Barnhill, and TD Hunt add their finishing touches to their project.



8 Simple Rules-Pretending like they are actually working, senior Trent McVey and junior Tyler Barb cut up during class.



Smart Guy-Searching for lots of information, senior Kevin Wingard works hard to make his paper perfect.





Biography-Besides being the sponsor of DECA, Mrs. Dean also teaches three sports marketing classes, a fashion marketing class, and a business marketing class.



Martha Stewart-Living-Along with all the other things that Mrs. Acuff does, she teaches two nail technology classes and Cosmetology I, II, and III.



Unsolved Mysteries-Trying to think as hard as he can, junior Chetwyn Pete wonders "Will I ever figure this out?"



Surprise By Design-As they work on their fashion project, seniors Nikki Sweeney and Bretta Morenungs ask Mrs. Acuff for help.



Girlfriends-Before leaving class, juniors Megan Branson, Wendy Becker, Lauren McVey, Whitney Rosenbaum, and Mekesha Isaacs stop to get a quick picture.

What skills has marketing class taught you?



Chetwyn Pete
"All of the aspects of the marketing mix."



DJ Keithan
"It's taught me how to speak to people in a professional manner."



Brandi Shaffer
"How to become better prepared for everything I do."



Courtney White
"It has taught me all the critical and complex aspects in the marketing management field."



When did you first start teaching?

I first started teaching in 1988 at North East State as a substitute.

What changes have occurred in your curriculum?

My curriculum has changed along with the Auto Industry, we change with new technology.

What inspired you to go into this field?

What inspired me was I enjoyed working with young people and I also had a love for the trade, I enjoyed teaching.

Has enrollment increased or decreased in Auto Tech?

The enrollment has increased in the Auto Tech program.

What changes would you make to involve more students?

In order to involve more students we would need more space and an aid to assist the teacher.

X-Files- Showing off his computer skills, Junior Dereck Seymore works on his latest project. Students enjoy the opportunity to explore the Internet, do research, or learn about the parts of computers.



Totally Nascar- In class students discover how to replace a tire. Including racing, auto mechanics can be used in many career selections.



Mail Call- Looking up facts on the Internet, Senior Josi Boehler tries to complete his deadline for his computer class on time.



King of the Hill- While teaching his third period class the fundamentals of computers, Mr. Minnick tells his students about the importance of technology.

How many students do you have enrolled?

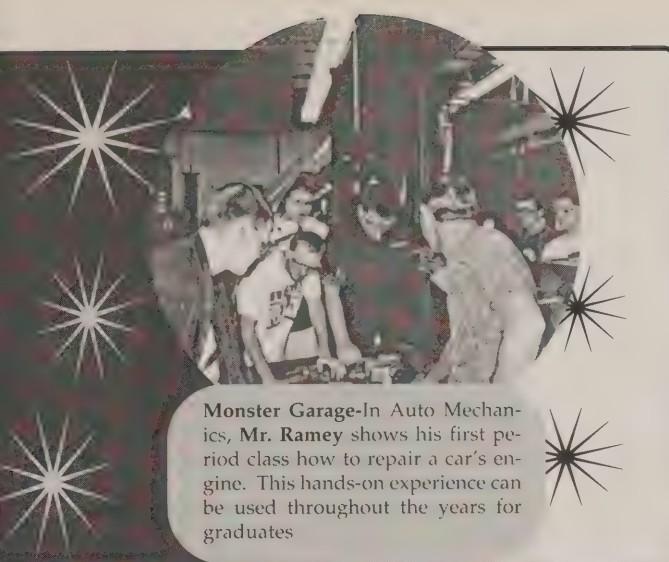
There are 67 students enrolled on Auto Tech for the 2003- 2004 school year.

What kind of curriculum does your class teach?

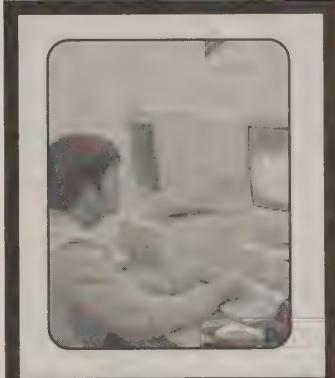
The curriculum is based on the Automotive Service Excellence Certification program.

How many years have you been teaching and how has the automotive industry changed?

I have been teaching for 15 years, nine here at Virginia High, over the years the technology in the auto industry has changed toward the computer's system to control the fuel emission, and brakes system of an automobile.



Monster Garage-In Auto Mechanics, Mr. Ramey shows his first period class how to repair a car's engine. This hands-on experience can be used throughout the years for graduates

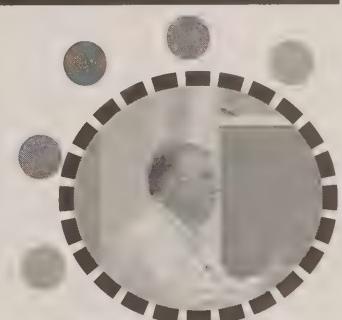


Boy Meets World- Trying to complete his assignment before the bell. Senior Kevin Wingard races to meet his deadline. While learning the basic skills of computer it also teaches students how to use their time wisely.



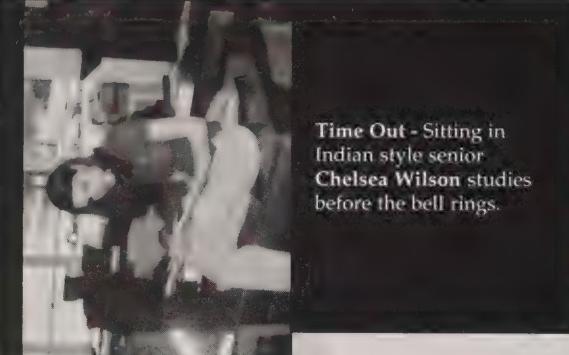
Horsepower TV Auto Technology has helped these students learn the basic fundamentals of a car. Mr. Ramey's first period class discovers the parts of an automobile in order to enhance their knowledge of how it works

BOB THE BUILDER



Scare Tactics - At the beginning of the course instructor Stewart Minnick goes over his class rules. Outlining classroom procedures is integral to an effective class.

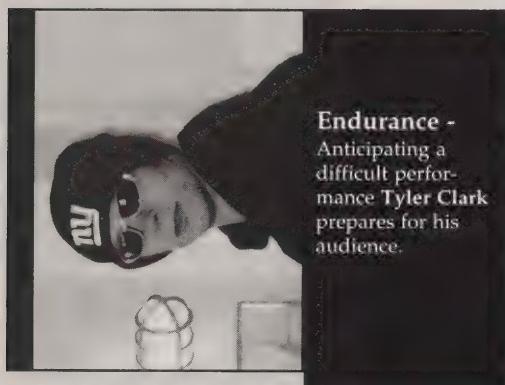
Behind the Scenes - As another lesson begins Sandy Walling, Felecia Sproles and Henry Lewis organize and identify the parts needed to complete the assignment. In auto mechanics students learn the basic fundamentals of identifying car parts and how they operate in various types of vehicles.



Time Out - Sitting in Indian style senior **Chelsea Wilson** studies before the bell rings.



Behind the Scenes - Within close up range junior **Josh Sproles** and senior **Jerry Goodpasture** press shoulder to shoulder. Couples often enjoy attending school events together throughout the year.



Endurance - Anticipating a difficult performance **Tyler Clark** prepares for his audience.



One Man Show - Stretching for her upcoming race senior **Amy Derr** awaits his fans.



The Perfect Stance - These friends decide to build a human pyramid. Time outside of school allows students to bond long lasting friendships.

A Chorus Line

These gals gather around the piano to learn another difficult piece.

The Finest Moment - Pausing for a quick gossip session in the hallway sophomore **Karissa Skeens**, junior **Courtney Wright** and senior **Rea'shelle Morrow** tally up on the days events. Friendships can be made through many different activities.





A Moment in Time



Lasting Times - At yet another weekend retreat sophomore **Melanie Keithan** and seniors **Amy Miller**, **Chelsea Wilson** and **Katie Pittman** snuggle close to the air conditioner. Summer gives friends time to relax and enjoy each others company.

The Restauranteur

Displaying a Wendy's sign junior Wendy Becker shows her love for hamburgers. Students travel to many locations but always find memories of home..



Portrait in Time

Before they became seniors this group was already amazing teachers with their academic skills. Teachers often find time to share in students achievements.

Extreme House

Bounding away at the pavement instructor Kristin Palmer and junior Brandon Pruett put the final touches on a flat. The set for West Side Story was intricate and complex to complete.

Pressure Cooker

At the beginning of class sophomore Robert Daughtery receives his latest test grades. Teachers often begin class by passing out yesterday's homework or tests.

American Bandstand



Rock My World- During a pep rally, the band plays on to encourage spirit in their fellow students. The band plays a number of cheers and songs for pep rallies and football games.



Bold and the Beautiful- At the Homecoming game, the band entered the field. The band always plays a piece for the candidates.



Dharma and Greg- Discussing band matters, Sophomores Matt Campbell and Margaret Puglisi make their way down to the field. The band brings many students together.



Hits- Doing a run-through at practice, the band forms a heart on the field. Senior Laura Leppard performed the solo during Diego's Goodbye.



Above: Livin Large- During practice, the band plays part of their weekly show. Mr. Hopson usually works the band to perfection day after day.



Below: Other Half- At the beginning of a run through, Drum Majors Seniors Yi Chen and Wyatt Fore salute the crowd. The drum major salute is a signature of the show.



Happy Days- On a quick break, Senior Jerry Hayter, Junior Jack Bradley, and Freshmen Shannon Sipple and Blake Brewer pose for a quick snapshot. Band members are so close, they even hang out outside band.



Step By Step- During a weekly performance, Freshman Jessica Leonard puts her all into putting her all into the routine. The band performs the half time show at most home games.



Above: Any Day Now- At a competition, Seniors Grant Jones, Jerry Hayter, Yi Chen, Wyatt Fore, Mallory White, Amy Duncan, and Michelle Watts receive their awards.

Below: Mash-In the cold, the band stands at attention. The attention position is highly important for intimidation purposes.



The Tradition- During Armistice Day, the band marched in the annual Veterans Day Parade. This year, the band marched in the parade in their new uniforms. The band has been marching in the parade since 1920, and it is one of the oldest traditions in the school.

Beyond The Glory-
On being in marching band, Senior Drum Major says "It is one of the most rewarding experiences I've been involved with during High School."

Who's The Boss- On Being Drum Major, Senior Drum Major Wyatt Fore says: "Being Drum Major for our band this past year has been a great experience for me. Although the competitions were great, the best part was making all of the friendships that I'll remember forever."



Personality Profile Mr. Hopson

How well do you think the band did this year? I think the band has done very well. We've competed in larger classes and repeatedly come in 1st or 2nd place in every contest.

How do you feel about competing in more bands than the band in order to win?

They were two different time periods. They are very similar as far as being like a family.

How do you feel about the senior class leaving? It's a big loss every year. You put in time to teach these kids and in 4 years they're gone. The senior classes get better every year.



Extra- Adorned in their flashy new uniforms, the band marches toward their set. This year was the first time their band uniforms were worn.

Making The Band - Standing at attention, Senior Russel Waddell, Sophomores Cody Adams and Seth Hall, and Freshmen Isaac Sproles and Jeremy Shaffer play their drums. The drumline is one of the many features that contribute to the greatness of the band.



Drama

Who's Line Is It, Anyway?

Personality Profile: Mrs. Palmer

What is drama all about? - *Drama is the art or profession of writing, acting, or producing plays.*
Do you enjoy teaching this class? - *Yes; I love seeing students employing the forms of dramatic characterization in creative and vivid ways.*
What do you think of your drama students this year? - *I have extremely creative students. Their enthusiasm is overwhelming.*
How long have you been working at VHS? - *This is my 12th year of teaching. 8th year yearbook sponsor.*
How many productions have you but on in this time? - *Grease, Footloose, and West Side Story.*
What was your favorite? - *Grease is my favorite in theme and songs. Footloose is my favorite in character portrayals, and West Side Story is my favorite in the respect that it was challenging and theme inspired. It is my first tragic play to direct.*
What play would you like your students to perform next year? - *Guys and Dolls or A Chorus Line.*



Happy Days - Drama is all about characterization as senior **Andrew Carico** shows while doing his best Fonzie impersonation.



America's Funniest Animals - Emotion is a very important in Drama. junior **Ashley Jones**, senior **Daniel Dunnington**, and junior Julie Booher demonstrate the importance of warming up before performing.

Hard Rock Live - Showing off his musical talent, junior **Josh Sproles** plays a song for his rabid drama-loving fans.



How The Grinch Stole Christmas - After plundering the Whos' stockings and stealing all of their Who-hash, senior **Hannah Milteir** ponders how to get the tree up the chimney.



American Idol - In order to honor students who submitted their works in the annual Playwriting Festival at Barter Theatre, the top plays were awarded and the writers received a story in the Bristol Herald Courier.



Dark Angel - Using a voice modifying device, senior **Connie Medrano** alters her voice to fit the rest of her costume. Scary.



Golden Girls - Drama isn't any ordinary class. It is a time of the day where friendships are formed and strengthened.

Trading Spaces - Working on the set for the play West Side Story, drama students, cast members, and other volunteers easily put Bob Villa to shame.



Murder, She Wrote - After determining that it was Colonel Mustard in the conservatory with the candle stick, senior **Chelsea Wilson** prepares to make her final accusation.



Doggy Fizzle Televizzle - Confusing sign-linguists everywhere, senior **Nikki Swiney** attempts to flash gang signs. Tupac must be rolling in his grave.

That stupid boy-he killed your brother! Forget that boy and find another! Stick to your own kind, stick to your own kind!

-Rita Moreno
West Side Story



Feed the Children - Expressing his intense hunger, sophomore **Josh Hamby** clutches his stomach and reaches for the imaginary hamburger floating in front of his face. Lunch never comes soon enough.

The Addams Family - After spending the day disguised as a normal teenager, junior **Mollie Salyer** lets her inner beast shine through.

Kickin' It - Shortly after this picture was taken, junior **Julie Booher** tearfully accepted the fact that "Yo! MTV Raps!" was cancelled a long time ago.



Lizzie McGuire - Looking stylish, senior **Amy Duncan** shows her allegiance to everyone's favorite Disney actor/pop star/fruit lip-balm spokesperson.

The Osbournes - Standing in for Kelly Osbourne, junior **Ellen Tidwell** explains that she just wants us all to "Listen Up".



"The reason Culinary Arts has become such a popular class, I believe, is the Law of Self-Preservation."

-Mr.Taylor



1. How did the Culinary Arts program come about?

Dr. Aaron believed it would be a good program to put in place for students.

2 Why are there three levels of Culinary Arts?

The more advanced classes are necessary for students to develop and practice their cooking skills.

3 Why do you Believe Culinary Arts is such a popular class?

The Law of Self-Preservation. People must cook to eat, and eat to survive.

4 What do you base your curriculum on?

Entry level skills in the Culinary field.

5 What skills are students taught in this class?

How to use a recipe, clean up after cooking, control the cost of food, and other skills needed to enter the Culinary field.

6 What is your favorite recipe to teach your students?

Any recipe involving sweets or cookies.

7. What made you decide to become a Culinary Arts Teacher?

I was a chef in the army and my interests carried over.

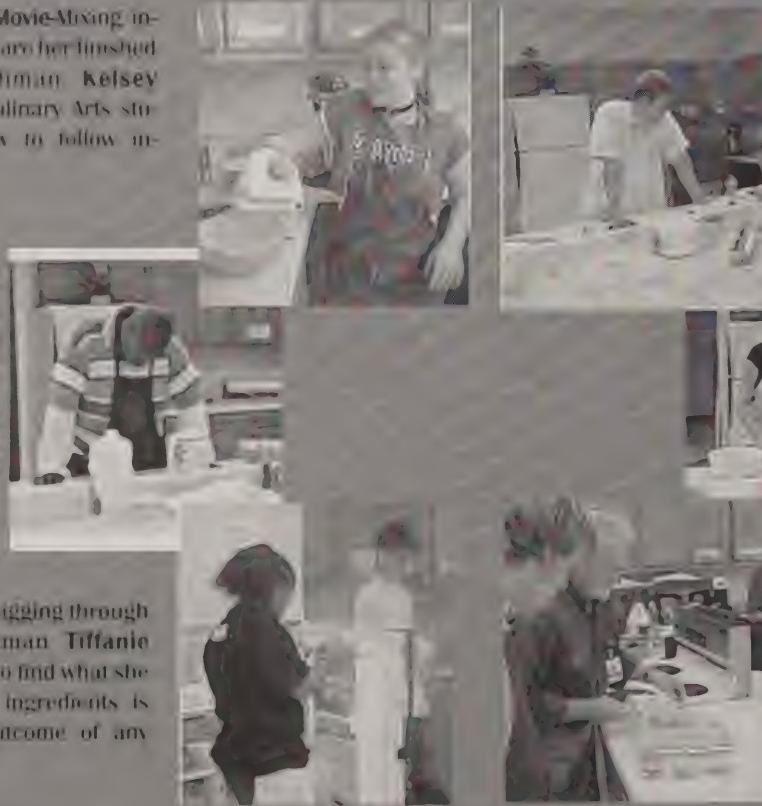
8. What is your Favorite food?

Any kind of beef.



Dinner and a Movie-Mixing ingredients to prepare her finished meal is Freshman Kelsey Clevenger. In Culinary Arts students learn how to follow instructions.

Boy Meets Grill- Gathering his ingredients is Sophomore Walter Pearson. Students must make sure to check the recipe to make sure they have everything before they begin cooking.



Around the House- Digging through the fridge, Freshman Tiffanie Somerville is trying to find what she needs. Gathering ingredients is essential to the outcome of any home cooked meal.

Real World-Watching and waiting patiently stands Senior Brandon Biggs, hoping his potatoes will be done soon. Patience is a virtue that every cook must have.

Step by Step- After following each step in the recipe carefully, Senior Meredith Cooper and Sophomore Juanita Hoilman are now ready to put their cookies in the oven. Every student must learn how to follow a recipe if they wish their dishes to turn out well.

Now See This- After baking his cookies Mr. Taylor shows Freshman Brian Rosenbalm how to present his dessert to his classmates. Presentation is one of the most important parts of preparing meal.

Iron Chef

Students and faculty share their favorite meals and recipes:



Sophomore **Melanie Keithan** says her favorite meal of all time is her mother's spaghetti.



Senior **Meredith Cooper** loves going out to restaurants and ordering her favorite food steak.



Sophomore **Michael Fugate** says he can't wait to get home and snack on his favorite, fried chicken.



Mrs. Boyle's Crab Cakes:

- 1lb. lump or back fin crab
- 6 saltines crushed
- Onion and green peppers sauted in butter
(optional)
- 1 tbs. mayo
- 1 egg beaten
- Red pepper to season
- Old Bay Seasoning (to taste)
- Mix the above and make into cakes.
- Fry in hot butter until golden brown.

Mrs. Bowman's Meat Balls:

- 1 lb. ground chuck
- 1/2 cup of onions
- 1 cup bread crumbs or crackers
- 1/2 cup ketchup
- Salt and Pepper
- 1 egg
- Mix ingredients and form into balls. Bake in oven until brown, then add to sauce.
- 1/2 jar of apple jelly
- 2 bottles ketchup (add some hot ketchup if wanted)
- Cook in a crock pot for several hours.



Mrs. Holocomb's Righteous Ribs:

- Rub: -6 tbsp. brown sugar
- 4 tsp. garlic powder
- 1 tsp. chili powder
- 1 tsp. black pepper
- 1 tsp. oregano
- 1 tsp. salt

-2 racks pork ribs

-Combine first six ingredients and rub on ribs. Wrap ribs in aluminum foil and bake at 250 for 2 1/2 to 3 hours. Remove, brush with favorite sauce and place on grill for 3-4 minutes.

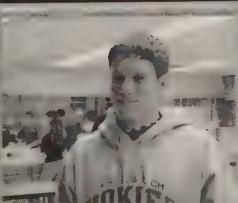


Mr. Duffield's Tator Tot Casserole:

- 1 bag frozen tator tots
- 1/2 bag frozen peas
- 1 can Cream of Mushroom soup
- 1 can Cream of Chicken soup
- 1/2 to 3/4 pound of hamburger
- Brown hamburger in separate pan. Mix both cans of soup, the browned hamburger, and the peas in a baking pan. Cover the top with tator tots. Bake at 350 for 30 minutes.



Junior Kregg Mabe is ready to get home and order out for his favorite, sesame chicken.



Junior Kevin Morrison cannot wait for the day when he learns to cook his favorite food, which is pizza.



Senior Amethyst Wells wonders if she will have time to grab a quick taco , her favorite, on the way home.



Strutting his stuff **Wilt Grier** prepares to take a bow for the crowd. Being an active participant in physical education class can aid students to achieve a healthy lifestyle throughout their life.



In an attempt to fly away **Britt Daniels** shows his fellow teachers and peers the correct form to achieve a superior fly. In actuality Wilt is stretching his muscles in order to play a rigid game of basketball.



After sweating in the weight room senior **Jerry Hayter** takes a break by playing a little b-ball. In fitness class students learn how to maintain and develop a nutritional and physical regime that will aid them in the future.



Demolition Man - During one of his Wellness classes Coach Daniels instructs his students



Outside the Lines - During Rec Day in Wellness, freshmen girls...?????????



- After completing an activity freshmen **Sasha Ovcharenko** takes his place on the sidelines. Students learn how to work with others on a team in physical education classes.



Slam Dunk - Striving for the perfect pose **Wilt Grier** attempts yet another 2 pointer. In gym class students learn the basics in shooting an accurate foul shot.



"PE has now gone to Wellness, which puts more emphasis on individual fitness and individual activities like tennis, swimming, and archery. There is also a new resistance class which involves four days of weight training to improve strength and power, and another day for speed and agility."

- Coach Cressel



Physical



Fitness

In physical fitness classes students learn how to take care of their bodies and stay live healthy lives. There are several classes offered, including, Wellness, Weight Lab, the new Weight Resistance class, and others.



(BODIES) in MOTION

Touched By An Angel



1. Wilt Greer
2. Mandy Sproles
3. Britt Daniels
4. Michael Goodell
5. Jamie Hartsock
6. Stephanie Morales
7. Wayne Walsh
8. Anthony McCracken
9. Joey Brooks

Guardian
Angel Prayer

Guardian
angel walk
with me today

Take care and keep me safely
out of harms way

Guide me to do things that I
know are right
I will try to be faithful
morning till night

Please help me when you hear my plea
When I'm lonely and scared watch over me

I want to see the beauty in every little thing
Help me to be joyful and have my heart sing

Bless you my angel, I know you care
I can count on you to always be there

Janell Jorda

Personality Profile DARLA WILLIAMS

1. Why did you to teach the special needs children? In what year I went and worked with kids for an hour everyday.

2. What extra classes did you have to take to be able to teach special needs children? MR, LD, ED classes, psychology class, early child development, and elementary reading.

3. Why has special needs education become so important in education? Because it used to not be allowed. Letting them be around regular ed. students as much as possible. Allows them to have positive role models.

4. What is your favorite interest in teaching special needs? Watching the children progress and the effort they put forth.





Family Matters- "Time to work," say Mrs. Salyer and **Mrs. Senter**, as they direct students **Tyler Bratton**, **Hannah Barrett**, **Amy Cilley** and **William Daughtery** back to class. Each day students follow a daily routine filled with many exciting activities.

Lois and Clark- Taking a break from reading **Hannah Barrett** and **William Daughtery** stop to talk about events of the day. Discussions challenge students to see different perspectives.



Friends- In the special needs classroom students gather for a group photo as they show their friendship toward one another. Students develop a close relationship while working throughout the year.

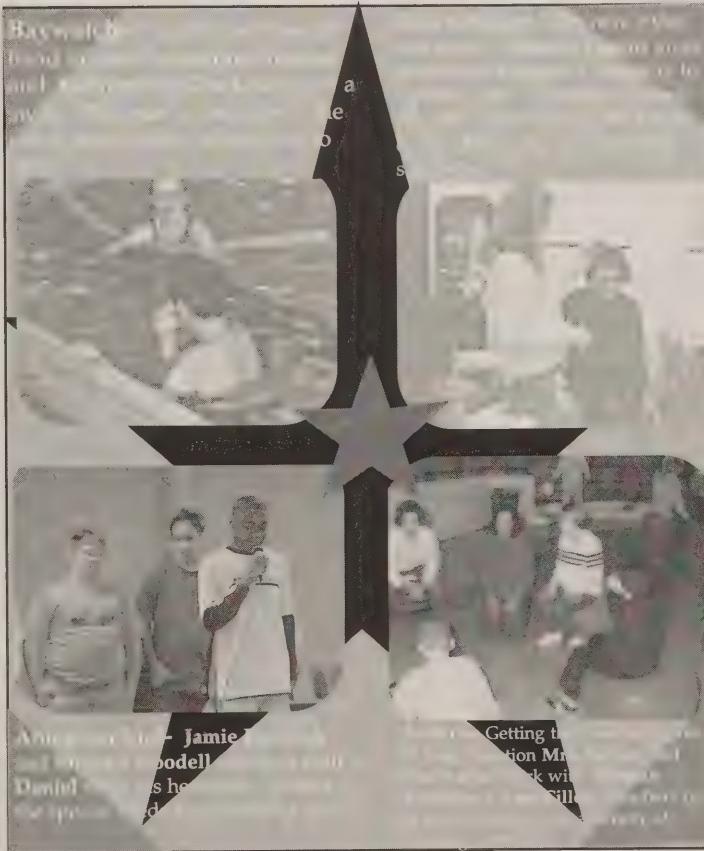
Planet's Funniest Animals- While on a field trip, **Amy Cilley**, **William Daughtery**, **Hannah Barrett**, and **Tyler Bratton** live out the thrill of getting up close and personal with a reptile. Students realize that learning can be experienced through fun and exciting trips.



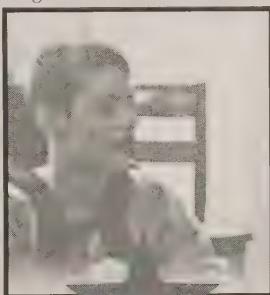
Fresh Prince of Bel-Air- Sitting on his throne **Tyler Bratton** focuses on the teacher. Class participation demands attention from students.



She Spies- Doing a balancing act, **Hannah Barrett** watches to see if others are looking. Balancing requires hard work and concentration.



King of the Hill- With a look of reflection **William Daughtery** is caught in his own thoughts. Sometimes after a hard day of work it feels good to sit around and relax.



Like Mike- And he scored! **Britt Daniels** takes a shot as **Anthony McCracken** looks to see if the ball went in the basket.

Computer Shop- Putting the finishing touches on her page, senior Anna Stringer completes the final step in making her page. It takes a lot of patience and determination to finish a page in time for its deadline.

You Gotta See This- Scanning through pictures on the digital camera, senior Gwen Massie chooses the best ones for her page. Taking pictures is the second step for making a yearbook page.

Step By Step- Starting the long process of making a page for the yearbook, juniors Daniel Jones and Ryan Richardson work on spreads. Creativity is a major factor in planning a spread.



Investigative Reports- Filling out a page envelope, senior Devin Williams is just about to send her page to the printing company. It is important to submit a page on time for its deadline.

As Time Goes By- Pondering over new ideas for her page, sophomore Tiffany Necessary wonders what to do. Pages take time to plan out.

King of Queens- Using the computer, co-editor and junior Brandon Pruitt plots his page with pictures and captions. Brandon is the only member of the Journalism II staff.

Issues And Answers- Looking through old yearbooks, junior Sara McVey gets ideas for the layout of her own page. Magazines and yearbooks from past years are a great source for interesting layout ideas.

Wire to Wire- Examining her page, senior Brittany Sourbeer decides what else is needed to spice it up. Pages should hold the readers attention with interesting information.



Personal Profile of Mrs. Palmer

- Q. How many years have you sponsored the yearbook?
A. Eight years
Q. What is the most difficult page in the yearbook?
A. People pages are the hardest because the layouts lack creativity.
Q. What is the most fun page in the yearbook?
A. The first sixteen pages are the best to create because of the color elements.
Q. How do you feel about this year's yearbook?
A. This year's book will be more creative and design based. I have a wonderful staff that prides themselves on perfection



Friends- Working together to figure out interesting layout plans, sophomores Amanda Dannhardt and Ashley Lewis discuss their opinions. Getting help from peers can increase the quality of a page.

Inside Edition- With the images of excellent pages in their heads, sophomores Katherine Bowers and Heather Fleenor begin on their spreads. Students put their layout plans on a spread sheet before they transfer them to the computer



Problem Solvers- Sorting through class photos, senior Morgan Sharp organizes them into alphabetical order. When students are done with their page deadlines, they often help with the student picture pages.

Off The Wall- Checking for future deadlines, senior Julie Ward makes sure everyone is staying on task. Journalism runs more smoothly when there is a person you can trust to check over your work.

Electronic Essential- While working on her page, junior Larissa Via checks her page for flaws. Before turning in the final copy, pages need to be double checked.

Tremors- Frustrated with the computer, senior Chelsea Wilson shakes things up. When deadlines near, students in journalism are always pressed for time.

Meet the Press



The Other Half- Journalism I staff includes Julie Booher, Stephanie Campbell, David Combs, Courtney Wright, Alexa Patrick, Shelley Weaver, Tiffany Necessary, Ashley Cannon, Heather Hleenor, Daniel Jones, Amanda Dannhardt, Maggie Wingard, Margaret Puglisi, Bradley White, Brittany Sourbeer, Ashley Lewis, Katherine Bowers, Sara McVey, Larissa Via, and Ryan Richardson.

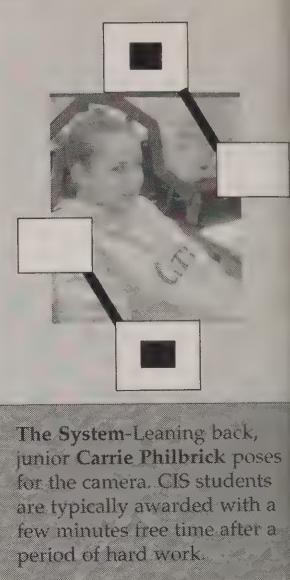
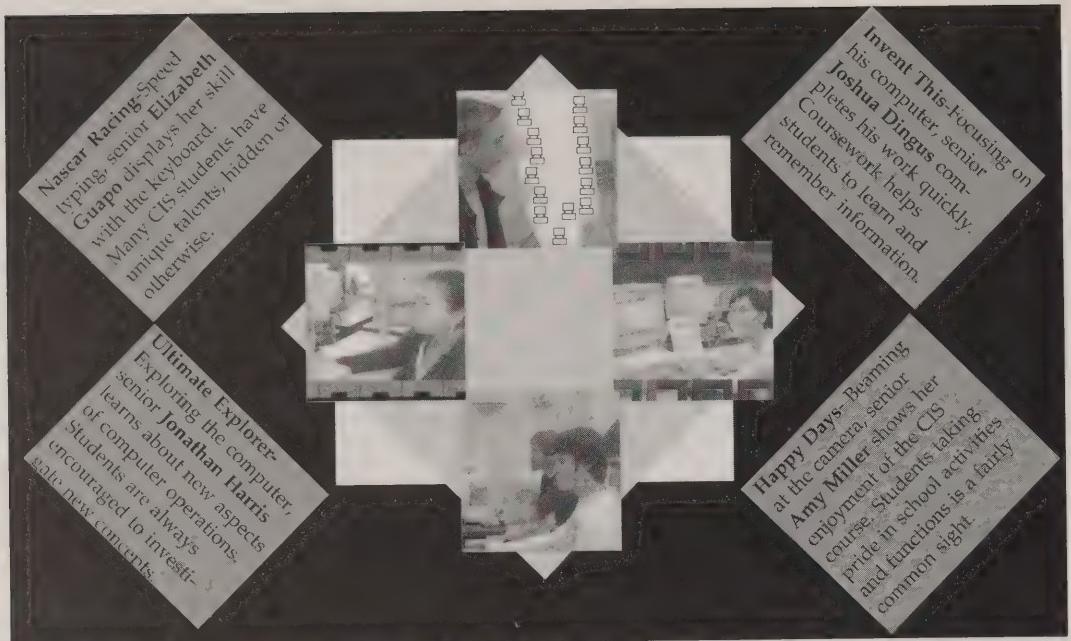


The Proud Family- Students in Journalism III include Julie Ward, Devin Williams, Morgan Sharp, Gwen Massie, Lauren Hughes, Chelsea Wilson, and Anna Stringer.

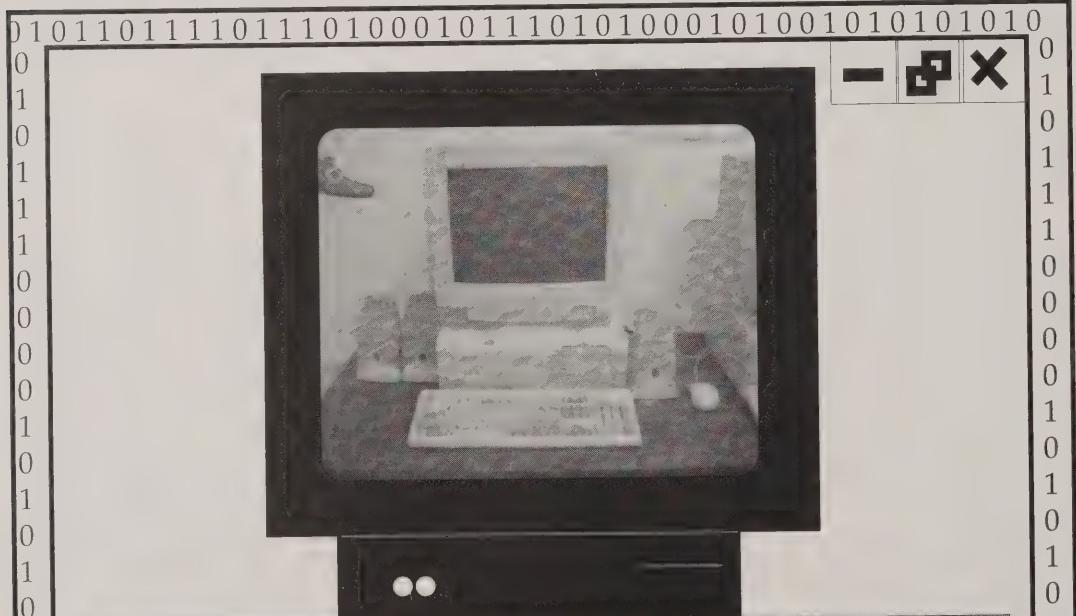
People in the News- To become the executive editor of the VHS yearbook, senior Julie Ward had to show creativity and enthusiasm in her early years of journalism.



America's Most Wanted- As supervising editor, senior Lauren Hughes advises other students about their pages. With this job, she also has to help the executive editor with various issues.



Screen Savers

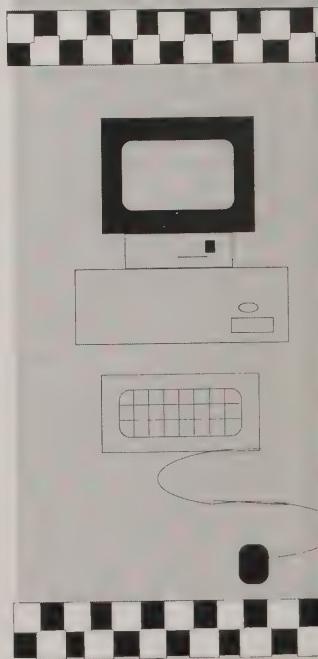


Personality Profile- Mrs. Susan Fuller, Computer Information Systems Instructor

What do you feel the students will take away from this experience? I feel students will learn the skills necessary to be successful in a beginner computer class in college or an entry-level employment position.

What is the most rewarding part of your job? The most rewarding part of my job is having a student demonstrate that he/she can combine the skills that he/she has acquired in my class and use those skills in other areas, whether it be school related or job related.

Why do you think CIS is a required class? I feel CIS is a required course because of all the advancements in technology. This is the bare minimum that we can do to prepare students for the wave of technology in the future.



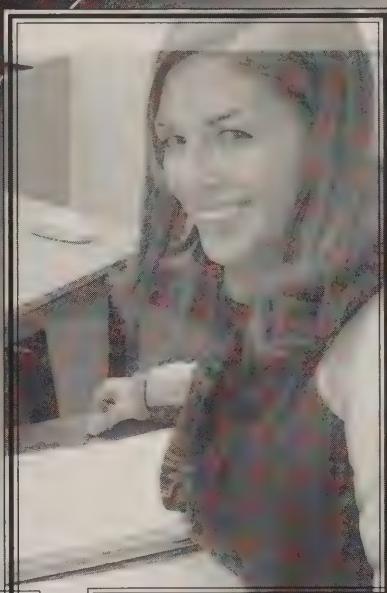
"Students learn how to use the most popular software programs on the market as well as organizational and time management skills."

010100101



OAll My Children-Hard at work, CIS instructor Mrs. Fuller prepares coursework for her students. Teachers and faculty members are always ready to educate students in all aspects of life.

"CIS has been a wonderful experience this year."



Candid Camera-Caught unaware, junior Mollie Salyer recovers with a wide smile. Many students take the time to prepare for their classes before the day begins.



Weekenders-Relaxing, junior Ellen Tidwell enjoys a moment away from her CIS assignment. While students are encouraged to work, they are also encouraged to have a little fun.



What I Like About You-Fixated on her screen, sophomore Sasha Ball displays an interest in her work. A wide variety of clubs and extracurricular activities gives students the opportunity for an activity that suits them best.

CIS

American Idol-Reaching for the stars, junior Cylde Nophlin takes a time out from his CIS assignment. Students are always encouraged to develop goals and pursue dreams.



Geography of Wealth-Gathering information, sophomore Lacey Smith writes down notes for her CIS course. While primarily computer-operated, CIS also utilizes

King of the Hill-Working furiously, freshman Mark King is a model student. Many students strive for academic excellence



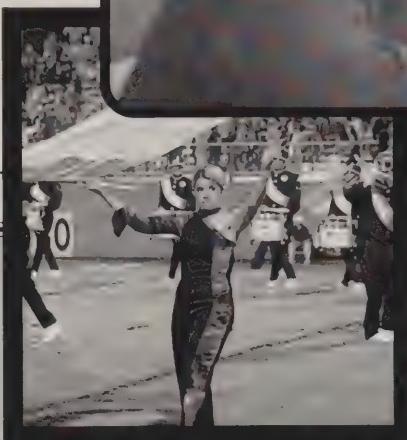
Computer Information Systems (CIS), transferring a wealth of essential knowledge to its students, teaches the basic knowledge and general understanding of computers necessary to function in a modern world.

D A Y S | Of Our Lives!

AUGUST 2003
THRU
MAY 2004



Tea for Two- Sitting proudly during a business class junior Tyler Barb and senior Trent McVey go through items donated for a charity drive.



Unsolved Mysteries - In an attempt to find the person in this picture we have questioned many individuals. If you have any information as to the identity of the individual please contact the yearbook staff.



People GUIDE

Personality Profile



Days of Our Lives - Outlining her daily events junior Courtney Wright tells of her woes during the school day.

People GUIDE

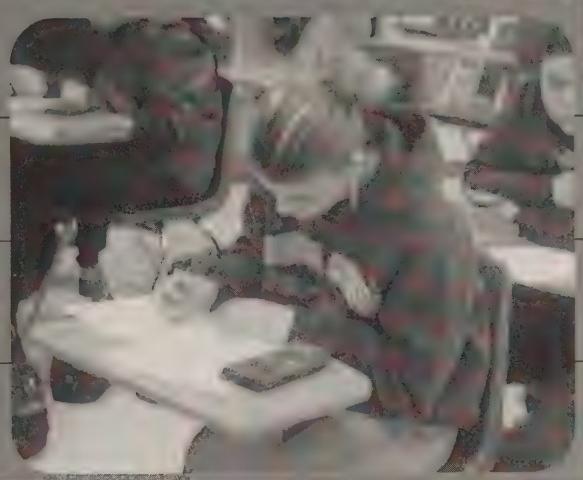
Personality Profile



World News Tonight - The true Saddam Hussein is captured in junior Ellen Tidwell's portrayal of the dictator.



» BLOOPERS AND PRACTICAL JOKES



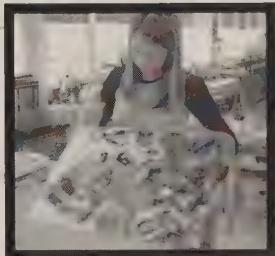
People
GUIDE

WEEKDAY

HIGHLIGHTS



Dustin Widener



Amy Duncan



Chelsea Wilson



Ricky Martin



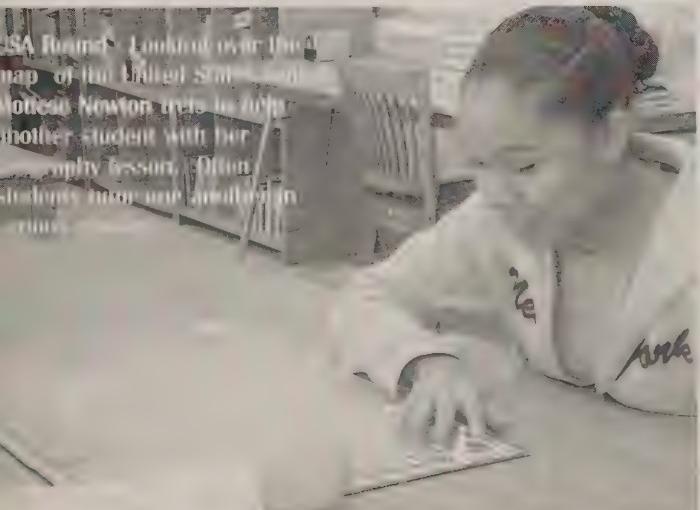
Ashley Phelps



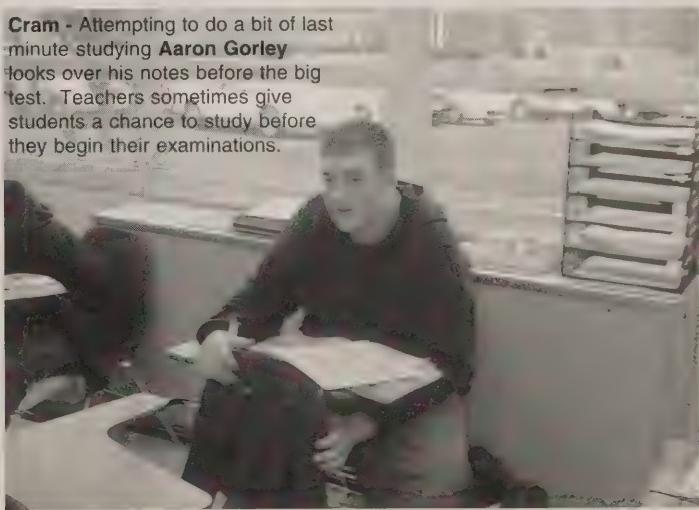
Logan Lambert



Loreal White



Cram - Attempting to do a bit of last minute studying **Aaron Gorley** looks over his notes before the big test. Teachers sometimes give students a chance to study before they begin their examinations.





Adams, Ashley



Barnhill, Sara



Barrett, Gary



Biggs, Brandon



No Photo Available



No Photo Available



Bookler, Josh



Branch, Lindsey



Brooks, Franklin



Bryn, Ales



Buchanan, Thomasina



Burress, Brion



Callanan, Ryan



Campbell, Brian



Carico, Andrew



Carroll, Sarah



Castle, Shawna



Chen, Yi



Childress, Tommy



Clark, Tyler



Clay, Michael



Colvard, Michael



Cooper, Meredith



Derr, Amy



Dingus, Josh



Doison, Kimberly



Duncan, Amy



Donnington, Daniel



Elenor, Sarah



Fore, Matt

Capricorn

* December 22 - January 20 *

Ruling Planet ~ Saturn

Symbol ~ Goat

Element ~ Earth

Key Body Part ~ Knees

Lucky Gem ~ Onyx

Color ~ Violet

Love Match ~ Cancer



Aquarius

* January 21 - February 19 *

Ruling Planet ~ Uranus

Symbol ~ Water Bearer

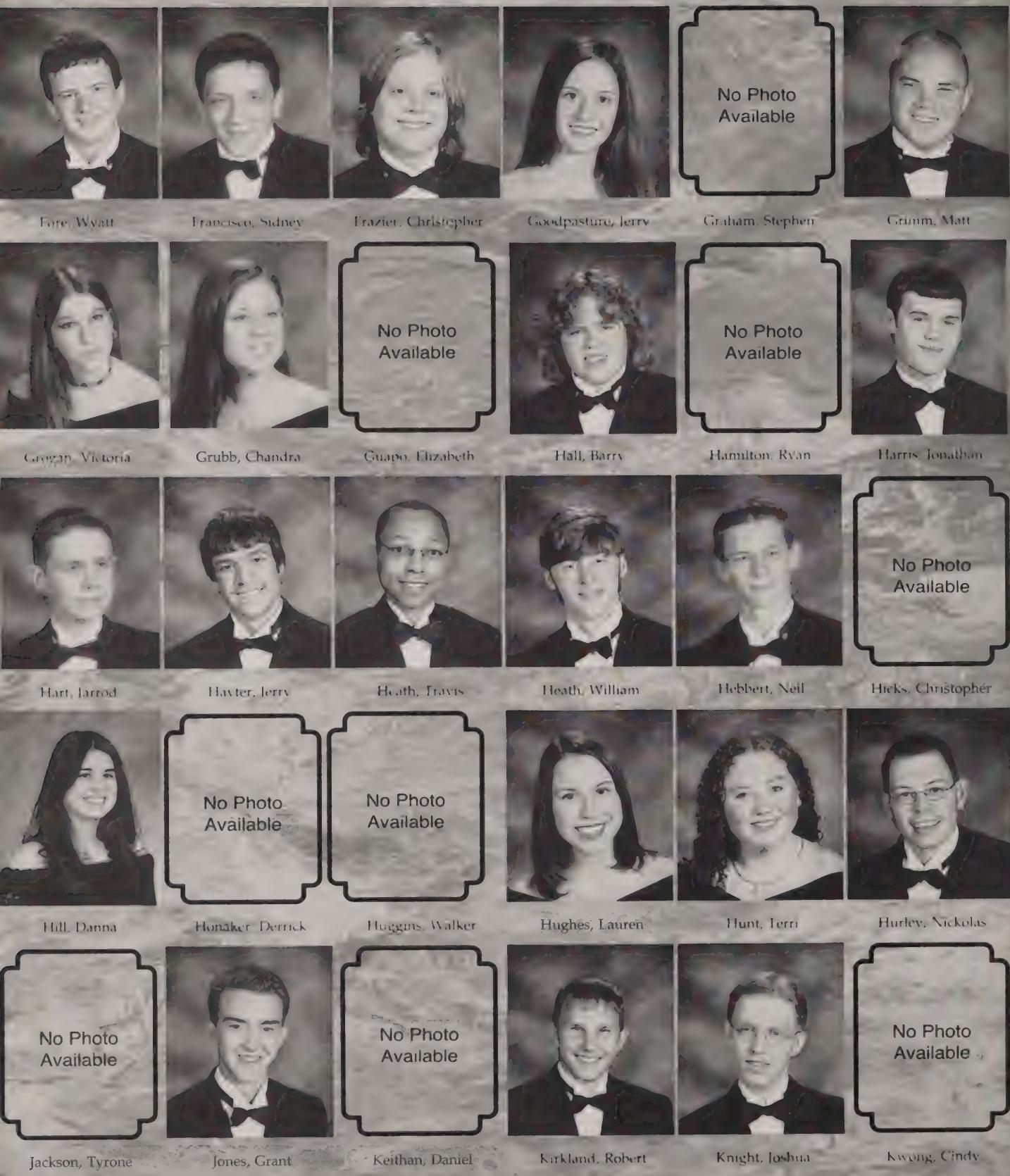
Element ~ Air

Key Body Part ~ Back; Legs

Lucky Gem ~ Sapphire; Onyx

Color ~ Gold

Love Match ~ Leo



Pisces

* February 20 - March 20 *

Ruling Planet ~ Neptune

Symbol ~ Fish

Element ~ Water

Key Body Part ~ Feet

Lucky Gem ~ Pearl; Aquamarine

Color ~ Silver

Love Match ~ Virgo

(Left to Right):

Trent McVey February 20

Amanda Milliff February 25

Sarah Fleenor February 26

Victoria Grogan February 26

Lauren Hughes February 27

Stephen Graham March 2

Brittany Sourbeer March 3

Seth Barrett March 15



Aries

* March 21 - April 19 *

(Left to Right):

Mallory White March 22

Desha Scott March 25

Julie Ward March 28

Andrew Carico March 29

Brandon Biggs March 30

Kristina Worley April 1

Constance Whitner April 4

Amy Duncan April 8

Max Lawson April 11

Katie Nelson April 14

Courtney White April 19

Ruling Planet ~ Mars

Symbol ~ Ram

Element ~ Fire

Key Body Part ~ Head

Lucky Gem ~ Ruby; Diamond

Color ~ Brown

Love Match ~ Libra

Taurus

* April 20 - May 20 *

Ruling Planet ~ Venus

Symbol ~ Bull

Element ~ Earth

Key Body Part ~ Neck; Throat

Lucky Gem ~ Topaz

Color ~ Black

Love Match ~ Scorpio

Amber Worley May 18

Ashley Shazor April 20

Katie Pittman May 14

Megan Castle May 3



Ashley Shazor



Megan Castle



Katie Pittman



Amber Worley



Layson, Maxwell



No Photo Available



Leonard, Danielle



No Photo Available



Leppert, Laura



Litz, Richard



Lowe, Michael



Luttrell, Melinda



Massie, Gwen



Mathes, Ronnie



Matney, Justin



No Photo Available



No Photo Available



McVey, Trenton



Meade, Hunter



Medrano, Connie



Miller, Amy



Miller, Chad



Miller, Julie



Milliff, Amanda



Milner, Hannah



Moore, Whitney



Morenig, Bretha



Morrow, Reashelle



Moseley, Katherine



Nelson, Sarah



Newman, Chris



Newton, Motisse



Nghiem, Hong



No Photo Available

Gemini

* May 21 - June 21 *

Ruling Planet ~ Mercury

Symbol ~ Twins

Element ~ Air

Key Body Part ~ Arms; Lungs

Lucky Gem ~ Topaz

Color ~ White

Love Match ~ Sagittarius



Cancer

* June 22 - July 22 *

Ruling Planet ~ Moon

Symbol ~ Crab

Element ~ Water

Key Body Part ~ Stomach

Lucky Gem ~ Moonstone; Amber

Color ~ Red

Love Match ~ Capricorn

No Photo Available

Osborne, Richard



No Photo Available

No Photo Available

No Photo Available

Rector, Valerie

Roark, Joseph

Robinson, Michelle



Rosenbaum, Jefferson



Rossano, Laura

Russell, Adam

Scott, Desha

Sharp, Morgan

Shaw, Joseph

Shazor, Ashley



Shores, James Robert

Slagle, Thomas

Smith, Amy

Smith, Ana

Smith, Faith

Soublo, Francesca



Soublo, William

Sourbeer, Brittany

Sproles, Felicia

Stewart, Jill

Stowers, Jeffrey

Stringer, Anna

Leo

* July 23 - August 22 *

- Ruling Planet ~ Sun
- Symbol ~ Lion
- Element ~ Fire
- Key Body Part ~ Heart; Spine
- Lucky Gem ~ Cats Eye
- Color ~ Yellow
- Love Match ~ Aquarius

- (Left to Right)
- Devin Williams July 25
 - Saith Smith August 1
 - Natalie Wilson August 2
 - Jarrod Hart August 3
 - Jerry Hayter August 4
 - T.J. Slagle August 5
 - Hannah Miltier August 13
 - Amy Smith August 19
 - Bretta Mornings August 22



Virgo

* August 23 - September 22 *

- (Left to Right)
- Katie Mensely August 28
 - Matthew Fore August 29
 - Wyatt Fore August 30
 - Tyler Clark September 1
 - Danielle McReynolds September 11
 - Chelsea Wilson September 15
 - Reashelle Morrow September 15
 - Ashley Wentz September 19

- Ruling Planet ~ Mercury
- Symbol ~ Virgin
- Element ~ Earth
- Key Body Part ~ Abdomen
- Lucky Gem ~ Opal; Quartz
- Color ~ Green
- Love Match ~ Pisces

Libra

* September 23 - October 22 *

- Ruling Planet ~ Venus
- Symbol ~ Balance
- Element ~ Air
- Key Body Part ~ Liver; Kidney
- Lucky Gem ~ Emerald
- Color ~ Blue
- Love Match ~aries

- (Left to Right)
- Amy Miller October 2
 - Danielle Leonard October 5
 - Chris Parks October 6
 - Gwen Massie October 13
 - Leslie Sullins October 21





Sulser, Leslie



Surber, Heather



Swiney, Nikki



Trent, Josh



Waddell, Russell



Ward, Julie



Watkins, Tiarrah



Watts, Deborah



Wells, Amethyst



Wells, Eliza



Wentz, Ashley



White, Ashley



White, Courtney



White, Mallory



Whiteaker, Michael



Whitley, Johnny



Whitner, Constance



Whitt, Paul



Williams, Devin



Wilson, Chelsea



Wilson, Natalie



Wingard, Kevin



Wisman, Justin



Worley, Amber



Worley, Kristina

Scoprio

* October 23 - November 21 *

Ruling Planet ~ Mars

Symbol ~ Scorpion

Element ~ Water

Key Body Part ~ Pelvis

Lucky Gem ~ Turquoise

Color ~ Purple

Love Match ~ Taurus



Joe Whitt



Morgan Sharp



Ryan Winkler



Madison



Todd Hurley



Heather Surber



Todd Sung



Sara Barnhill



Tom Heath

Sagittarius

* November 22 - December 21 *

Ruling Planet ~ Jupiter

Symbol ~ Archer

Element ~ Fire

Key Body Part ~ Hips; Liver

Lucky Gem ~ Jacinth; Lapis

Color ~ Orange

Love Match ~ Gemini



Andrew Carico

Student Activities:

Spring Festival, Musicals, Mixed Chorus, Concert Choir, Chorale, SCA Steering Committee, SCA President, football, Wrestling, Track

Awards:

Governor's School



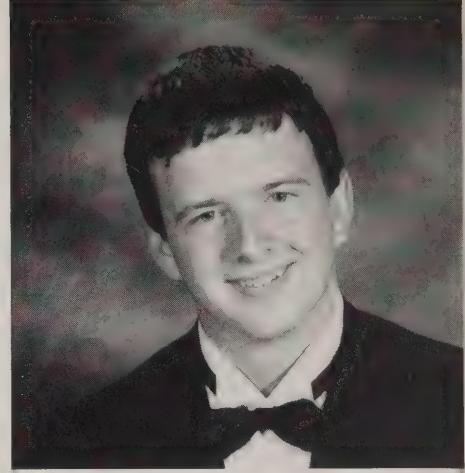
Amy Duncan

Student Activities:

Spring Festival, Band, Forensics, BETA Club, Art Club, French Club

Awards:

Honor Roll, Governor's School



Wyatt Fore

Student Activities:

SWAC, Band, National Honor Society, Debate, Forensics, SCA Steering Committee, BETA Club, Spanish Club, Golf, Swimming, Tennis, Class Officer

Awards:

Honor Roll, Governor's School



Jerry Goodpasture

Student Activities:

Spring Festival, Musical, Concert Choir, National Honor Society, Beta Club, Spanish Club, Cross Country, Swimming, Soccer, NHS President

Awards: Honor Roll, CYLC

Hall Of Fame



Travis Heath

Student Activities:

Spring Festival, Mixed Chorus, Chorale, FBLA, Spanish Club,

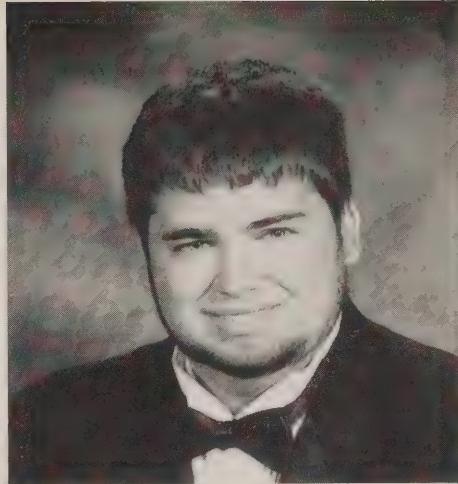
Awards: Boys State, Perfect Attendance



Lauren Hughes

Spring Festival, Musical, SWAC, Mixed Chorus, National Honor Society, Yearbook, SCA Steering Committee, Beta Club, FBLA, French Club, Interact, Basketball, Track, Soccer

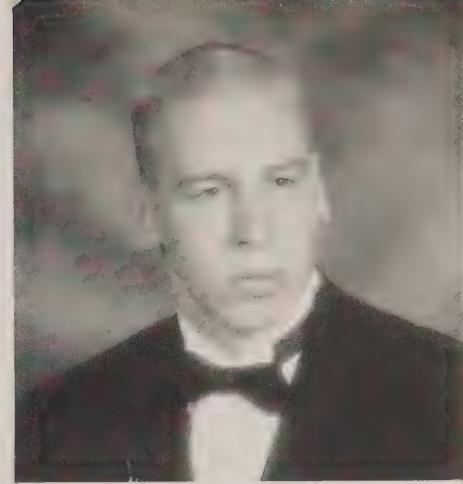
Awards, Honor Roll



Max Lawson

Student Activities: French Club, Desktop

Awards: Honor Roll, Bristol Youth Leadership



T.J. Slagle

Student Activities: Spring Festival, Mixed Chorus, Concert Choir, Chorale, Musicals, FCA, Football, Basketball, Baseball, Track

Awards:

District Chorus, Class Officer



Julie Ward

Student Activities: Spring Festival, Musicals, Mixed Chorus, Chorale, National Honor Society, Forensics, Yearbook, SCA Steering Committee, Beta Club, Spanish Club, Interact, Swimming, Tennis

Awards:

BYL, Honor Roll, Class Officer

Hall Of Fame



Devin Williams

Student Activities: Spring Festival, Musical, SWAC, National Honor Society, Yearbook, SCA Steering Committee, Beta Club, Art Club, French Club, Swimming, Soccer

Awards:

Honor Roll, CYLC, NYLC 111

Just Shoot Me

Addison, Davis
Anderson, Clarinda
Ashley, Heather
Barb, Jameson
Barrett, Brittney
Bass, William



Becker, Wendy
Booher, Julie
Bradley, Jean
Branson, Megan
Bushwack, Jonathan
Campbell, Dennis



Campbell, Joshua
Campbell, Monica
Campbell, Stephanie
Childress, Jacob
Clark, Aisha
Combs, James



Combs, Morgan
Cooper, Samuel
Cummings, Bridget
Cunningham, Derick
Curico, Joey
Deel, Ian



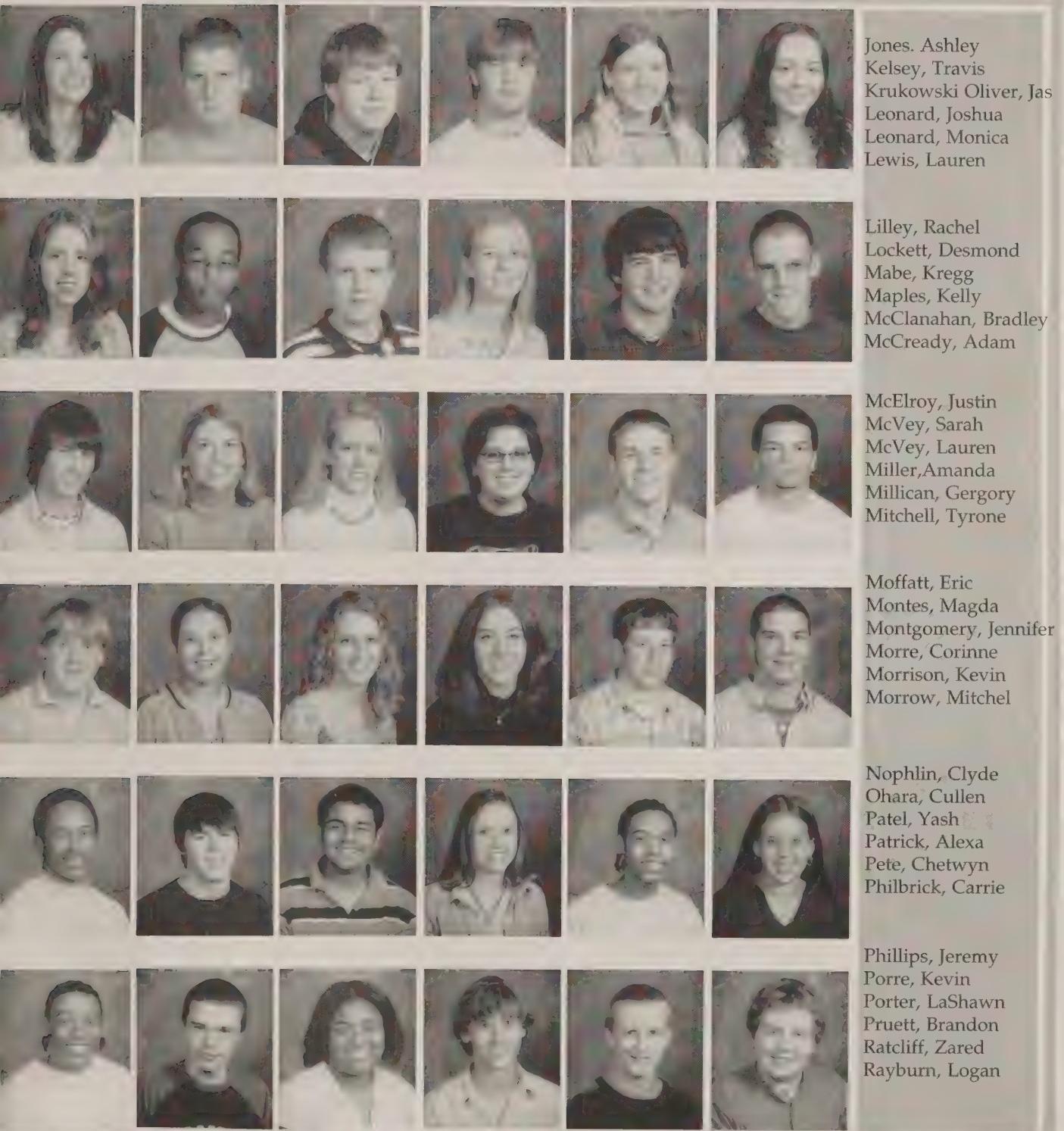
Dotson, Joshua
Duty, Justin
Fleming, Amanda
Foster, Angel
Hale, Daniel
Hall, James



Harrell, Joshua
Hess, Sarah
Hill, Richard
Houser, Gina
Isaacs, Mekesha
Jackson, Christopher



Just Shoot Me



Just Shoot Me

Richardson, James
Roberts, Dustin
Rosenbaum, Whitney
Salyer, Mollie
Samons, Candace
Sanders, Cyntara



Seymore, Derick
Shaffer, Brandi
Shankel, Israel
Shelton, Octavia
Skeens, Reanna
Slagle, Kayla



Smith, Amanda
Smith, Keisha
Somerville, Tom
Soublo, Francesca
Sproles, Jouhua
Statzer, Sean



Ste Marie, Justin
Steele, Cory
Stevens, Daniel
Stiltner, Tiffany
Sturgill, Shawna
Tauscher, Michael



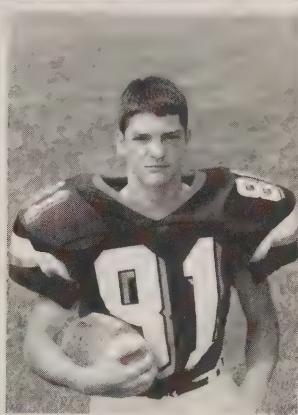
Tidwell, Sarah
Via, Larissa
Watts, Deborah
Weaver, Shelley
Wei, Lin
Wells, Michael



White, Bradlee
Wilson, Jonathan
Wilson, Micah
Worley, Scottie
Wright, Courtney



Just Shoot Me



Adams, Cody
Adams, Marissa
Allen, Jessica
Arnold, Alicia
Artrip, Justin



Bailey, Hyder
Baird, Samantha
Ball, Sasha
Barb, Brnady
Blake, Jonathan



Bernard, Jasmine
Blanton, David
Bobbitt, Sean
Bowers, Katherine
Bracher, Holly



Bracher, Taylor
Bradley, Jack
Brewer, Dennis
Campbell, Matthew
Cannon, Ashley



Castle, Kenneth
Cecil, Amanda
Cheers, Robert
Chen, Gang
Childress, Christopher



Childress, Deidra
Clifton, Kelsey
Cole, Dabias
Cole, Katlyn
Court, Derek



Criswell, Rebecca
Dalton, Samantha
Dannhardt, Amanda
Davidson, Tabitha
Derden, Bethany





Dishman, Calen
Doss, Nathan
Dougherty, Allen
Douglas, Catherine
Ellis, Todd

Emory, Sarah
Epling, Leslie
Evans, Candice
Fleenor, Heather
Fugate, Michael

Garcia, Juan
Gaxida, Ivan
Gilliam, Cassandra
Gilliam, Jessica
Griffith, Amber

Hagy, Ryan
Hall, Seth
Hamby, Josh
Hammond, Sterlin
Harris, Robbie



Caught in the Act - Hurrying to Between Friends - Posing for a avoid a tardy to class, sophomore picture between quarters, sophomore Maggie Wingard grabs her books while others Josh Hamby and Mary from her locker. Students attempt to Katherine Wampler grab a quick have a locker close to all of their hug. Many memories can be formed during one's high school years.

Make-up Pictures



Cooke, Tyrone



Treadway, Nicole

Hernon, Pamela
Hess, Conrad
Hess, Melissa
Hinson, Courtney
Hobson, Annie



Hoilma, Juanita
Hushour, Jessica
Hutton, Joshua
Johnson, Autumn
Johnston, Evan



Jones, Steven
Jordan, Ryan
Kelsey, Brandon
Lambert, Leann
Lampkins, Jonathan



Legg, James
Leniski, Samuel
Leonard, Melanie
Lewis, Ashley
Limburg, Logan



Looney, Gabrielle
Louis, Jessica
Mann, D.J.
Maxwell-Swarthout, Josh
McClain, Michael



McCready, Amber
McWhite, Amber
Milliff, Kimberly Ann
Mitchell, Caroline
Montgomery, Toni



Moore, Kenneth
Morales, Joanna
Necessary, Tiffany
Oliver, Corey
Otis, Jerry





Pearson, Walter
Phelps, Ashley
Puglisi, Margaret
Reed, Justin
Robinson, Jessica

Robinson, Tracy
Rogers, Christina
Roller, Daron
Rouse, Bryan
Schact, Vita

Scott, Adrian
Sharp, Bret
Shipley, Mary
Shores, Krystal
Skeens, Karissa

Slagle, Joshua
Smith, Lacey
Smith, Leann
Smith, Melissa
Son, Moah

Stines, Travis
Stout, Katrina
Stroup, Michael
Sullins, Adam
Sullivan, Melissa

Sykes, Jessica
Thaxton, Kari
Traylor, Patrick
Trinkle, Ashley
Tucker, Jennifer

Turner, Wesley
Wagner, Jenna
Waldron, Ashton
Wampler, Mary
Katherine Wallace, Lindsey

Waugh, Allison
White, Loreal
Widener, Dustin
Williams, Ashley
Williams, Jerry



Wilson, Arick
Wilson, Christopher
Wingard, Maggie
Wisman, Nicholas
Woods, Stephen

Freshmen

Alvis, Aaron
Armitage, Janelle
Arnett, Mark
Ashley, Rachel
Badger, Christopher



Bagnall, Kirk
Baker, Karter
Barrett, Hannah
Baumgardner, April
Baumgardner, Michelle



Begley, Cemone
Belcher, Andre
Bell, Robin
Bentley, Brian
Biggs, Edward



Bouton, Amanda
Branch, Sarah
Bratton, Tyler
Brent, Brandon
Bunche, Kendra



DURKEE



Burks, Shamerine
Camper, Gabrielle
Canter, William
Cantrell, Tara
Cardwell, Jerry



Carroll, Mark
Castle, Brandon
Chapman, Brandon
Chapman, John
Cilley, Amy



Clark, Jessica
Clevinger, Kelsey
Collins, S. Austin
Combs, Autumn
Combs, Jason



Combs, Ronnie
Copeland, Elijah
Copley, James
Cox, Latosha
Cross, Michael



Cruey, Emanuel
Daniels, Britt
Daugherty, Robert
Daugherty, William
Davenport, Julie



Delapp, Antwan
Dickenson, Chandler
Dixon, Megan
Dorton, Cara
Doss, Cory



Doss, Katelyn
Duckett, Brynna
Dye, Victoria
Eller, Kaylea
Esposito, Mark

Everett, Lana
Fee, Arnold
Ferguson, Cory
Fields, Brittany
Fleming, Ashley

No Photo Available



Franks, Lauren
Fritts, Jordan
Garcia, Yeraldine
Gardner, Kimberly
Gaylor, Joseph



Gobble, Tonya
Goodell, Michael
Gorley, Aaron
Greer, Forrest
Greiner, Jacquelyn



Greiner, John
Grier, Wilt
Grimm, Justin
Hall, Aaron
Hall, Ashley



Hall, Keyra
Hall, Stephanie
Hamilton, Charles
Hartley, Richard
Harris, Zachary



Harrison, Matthew
Hartsock, James
Hickman, Elizabeth
Holbrook, Landon
Holmes, Jacob



Howrad, Enricko
Howard, Blake
Hoyle, Devyn
Huggins, Jordan
Hurt, Derek





Isaacs, Ronald
Jamerson, Brandon
Jones, Samantha
Jordan, Phillip
Jordan, Tiffany



King, Mark
Kudela, Travis
Lauman, Peter
Leonard, Jessica
Leonard, Richard



Lester, Adrianna
Lewis, Craig
Lewis, Jessica
Looney, Brandon
Malory, Julia



Mann, Scottie
Martinez, Heather
McCoo, Samuel
McCracken, Anthony
McCracken, Blake



McCracken, Tabitha
McGann, Kayla
McMurray, Thomas
Mercer, Jetti
Messer, William



Millard, John
Miltier, Josh
Molnar, Nicholas
Monk, Jonathan
Montgomery, Caitlyn



Montgomery, Beverly
Montgomery, Lauren
Moore, Ben
Moore, Charity
Moore, James

Moore, Tabitha
Mora Rodriguez, Jonathan
Morlaes, Stephanie
Mueller, Anthony
Mumpower, Debra



Muncey, Mandi
Necessary, Keshia
Oakes, Willie
Odum, Christen
Ontaneda, Adriana



Otey, Kayla
Ovcharenko, Aleksandr
Owens, Tiffany
Parker, Christy
Parks, Aaron



Parrott, Carrie
Parker, Misty
Peterson, Lacey
Pickel, Matthew
Pierce, Kortney



Poore, Cameron
Poplin, Timothy
Prather, Sierra
Reed, Rachel
Rine, Amanda

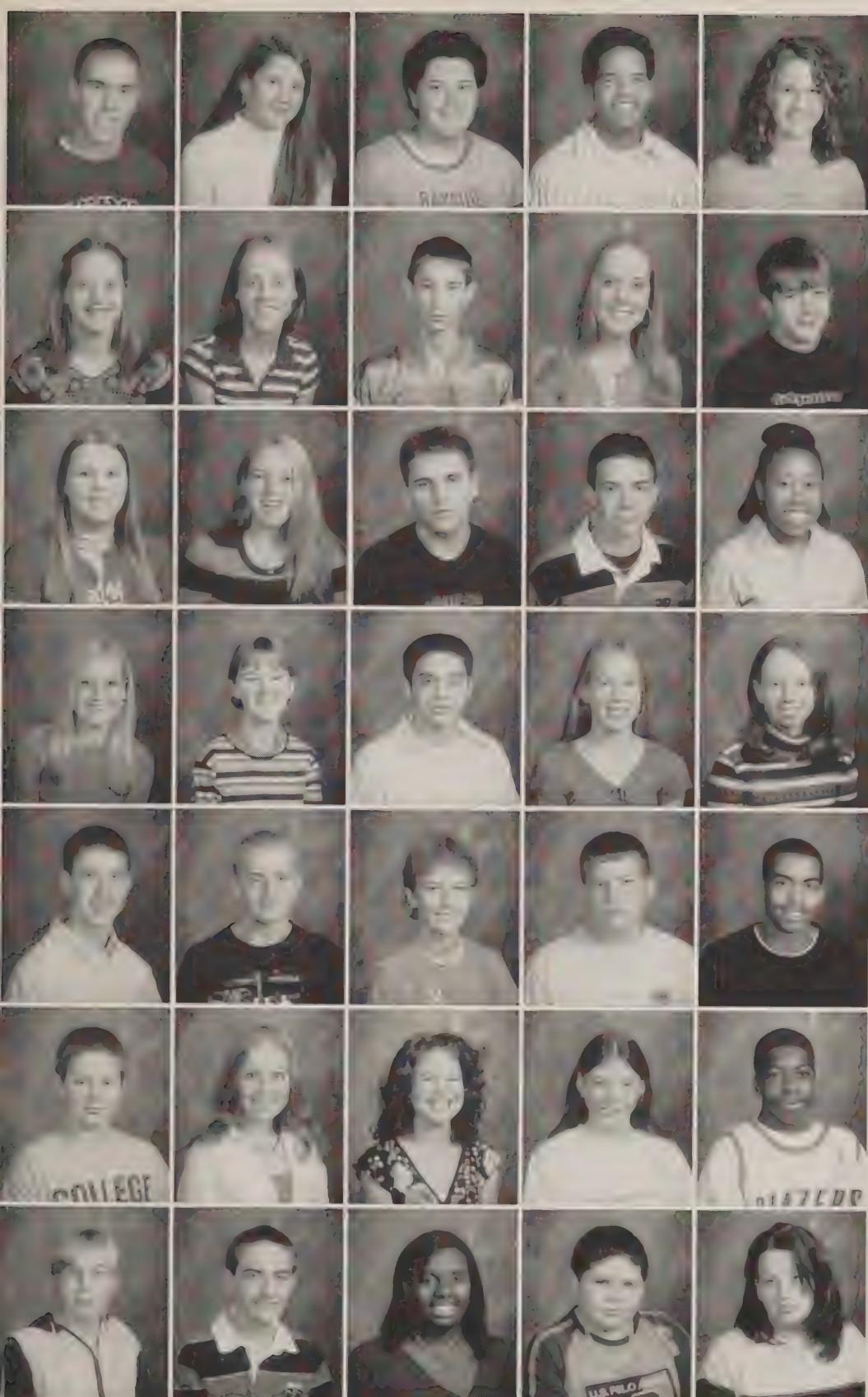


Roark, Angela
Roark, Daniel
Rose, Ana
Rose, Justin
Rosenbalm, Brian



Satterfield, Heather
Scott, Amanda
Scott, Casey
Scragg, Heather
Shaffer, Jeremy





Walsh, Gerald
Wann, Tyler
Waugh, Kayleigh
Weatherly, Jaron



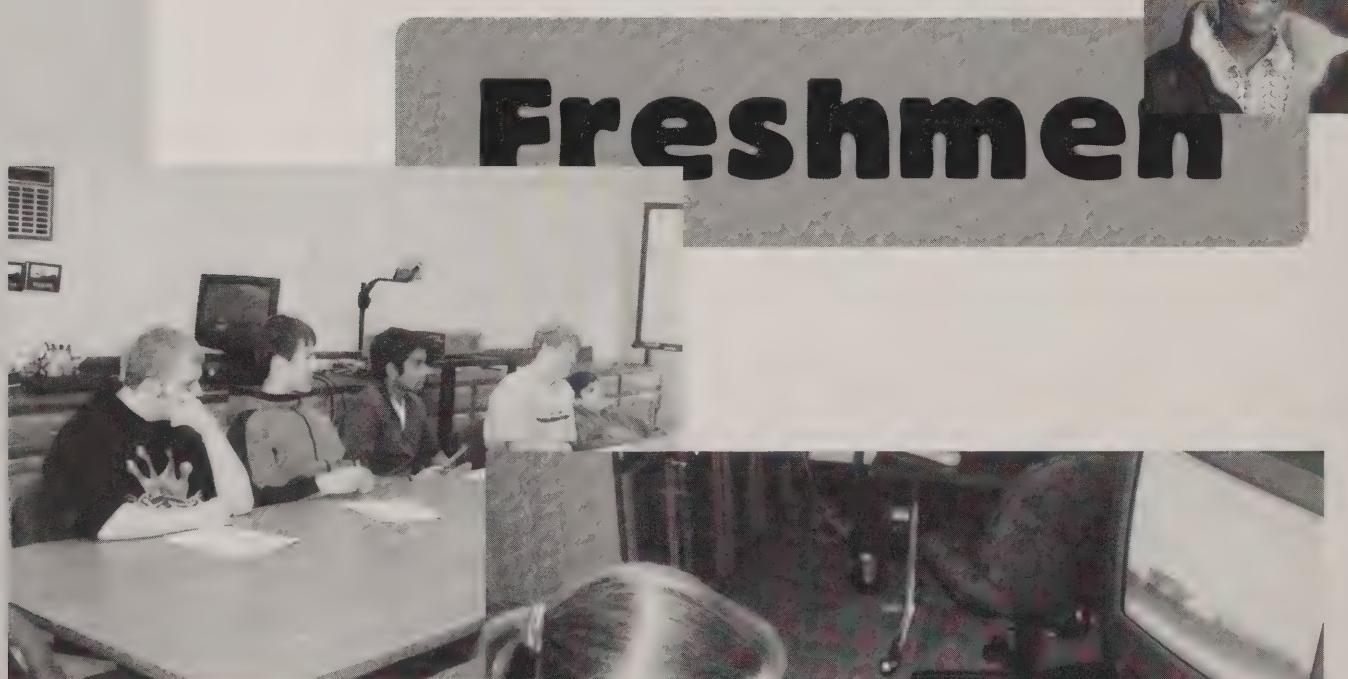
Wei, Xiao
Wells, Kayla
White, Alma
Whitt, Brandon
Wingate, Spencer



Williams, Heath
Williams, Lauren
Wilson, Olivia
Wolfe, Beth
Woodby, Cory



Young, Jamar





Writting - A student is working on the writting assignments that each class is required to give every six weeks.



Let do Chemistry - Chemistry class is stressful. Here seth some students take a pop quiz on the elements of the Periodic Table.



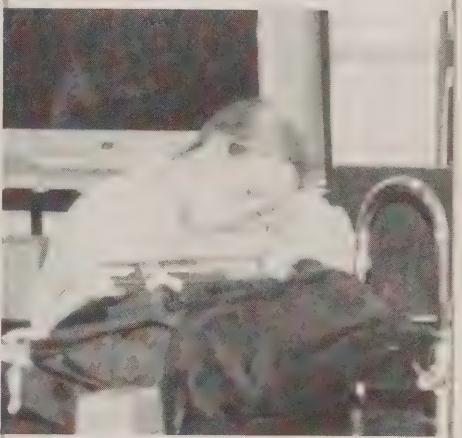
The loner - The only IB canidate in the Jounior class, **Sam Cooper** smiles as he walks down the hall.



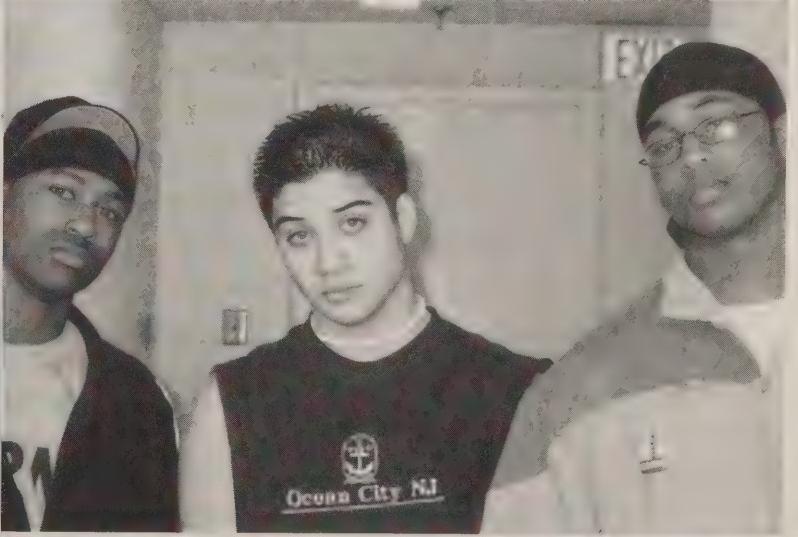
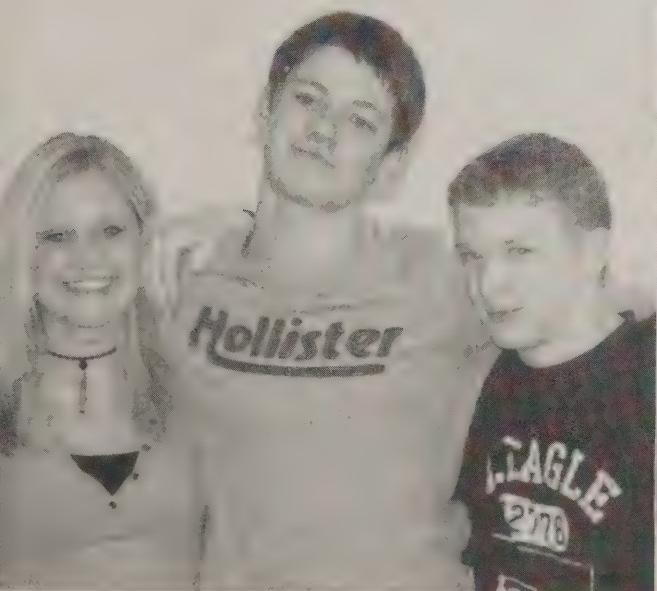
Typing Away - During CIS class **Evan Johnston** works on his typing assignmment given by Mrs. Fuller.



Lights, Camera, Action - Playing around in the dressing room before the preformance of West Side Story are **Scottie Worley** and **Mark King**.



Brain Freeze - Craming for a huge test **Caroline Mitchell** studies intenly aourended by piles of books and homework.



Timeless Memories



Night Fever~ The night before their first cheerleading competition, cheerleaders Morgan Sharp, Sarah McVey, Brittany Sourbeer, and Anna Stringer let loose. These girls will always remember being part of Virginia High's first competition squad.



Miss America~ Subsequent to the judging of candidates, pageant participants Brooke Sourbeer, Mary Katherine Wampler, and Brittany Sourbeer gather for a group smile. Participation in Spring Festival creates long lasting memories.



Hang Time~ Resting after warm-ups freshman Tonya Stallard and senior Amy Derr catch their breaths before their events. Cross country is a time consuming sport which requires devotion to the team.



Honor Roll~ Taking a break from the induction ceremony for National Honor Society, these senior girls smile for the camera. National Honor Society is a prestigious organization that serves both the school and community.

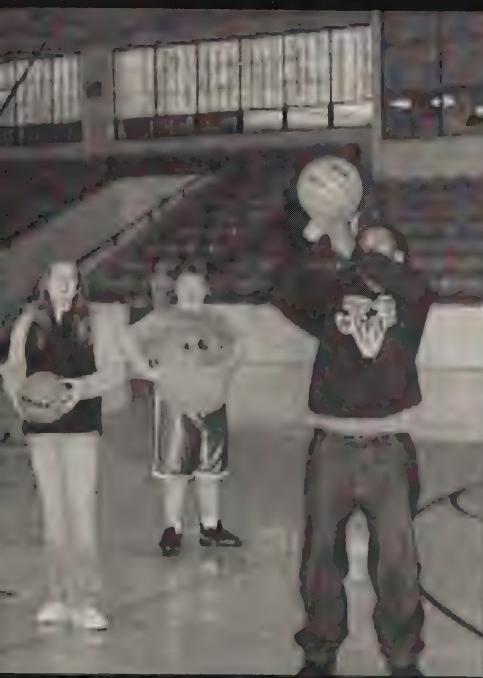
It's Game Time-At a Bearcat football game these underclassmen cheer for their team. Bearcat pride is essential for the success of the football team.



Glamour Girls-Participating in their last Spring Festival, seniors Jerry Goodpasture, Julie Ward, and Devin Williams catch their breaths before the performance.



Jump Shot-During gym class, these students display their basketball skills. Gym class provides students with a break from rigorous academic classes.



Senior Memories-

During IB Biology, this group of seniors takes time from taking notes to snap a picture. IB Biology is a difficult class with a detailed curriculum.



Forever Friends-After school, basketball team members Katie Pittman, Courtney White, and Kayla Wells prepare for their game.



Acuff, Sharon
Adams, John
Alvis, Cindy
Austin, Richard
Black, Jan



Blankenship, Roya
Bolling, Sharon
Bowden, David
Boyle, Molly
Caldwell, Terry

Chumley, Janet
Cochran, Annette
Coffman, Andy
Cole, David
Cowell, Bronwyn

Cressel, Ed

His claim to fame is developing the new fitness and weight training class.



Drozdowski
claim to fame
having a posi-

Duffield, Dan
fame is tack-
hensive com-

Fuller, Holly
face is bright-
student's

Garnett,
claim to fame
knowledge of

Dean, Lisa

Her claim to fame is preparing one for the business world.



Gray, Jeff

His claim to fame is creating positive and exciting activites to begin class.





Holcom, Sonja
Hepner, Tom
Hinchey, Brad
Johansen, Sharon
Just, Sue

Krystofek, Linda
Lawson, Phyllis
McCarthy, Linda
Munn, Heather
Merkowsky, Sue

Menzel, Julie
Morgan, Stewart
Metzler, Frank
Necowitz, Teresa

Indy - Her
is always
live outlook.

- His claim to
ling compre-
puter designs.

- Her claim to
ening a
school.

Eileen - Her
is creating w-
new cultures.

Orr, Myra

Her claim to fame is broadening the students' mind with the wonderful world of chemistry.

Parks, Bonnie

Her claim to fame is discovering the new territories that are yet to be discovered.

Osborne, Ray

His claim to fame is giving a helping hand to those who need it.

Phelps, Toni

Palmer, Kristin

Her claim to fame is enlightening students' and opening the doors to new areas of the arts.

Quesenberry, Kara

Bailey, Patsy
Scott, Michael
Senter, Amy
Browne, Nancy
Tarkley, Alice



Tucker, Connie
Tooh, Alex
Witmann, Doris
White, Mary
Young, Judy



Danko, Ina

Her claim to fame is stressing the importance of a good education and a healthy learning environment.



Collins, Ronnie

His claim to fame is allowing students to live up to their potential by asking them to live up to their fullest potential.



Salyer, Mona



Her claim to fame is her unselfishness in giving her time to others.



Stewart, Tammy

Her claim to fame is healing the body, mind and soul.



Davenport, Bill

His claim to fame is creating a clean and healthy environment.



Neal, Pam

Her claim to fame is enriching the minds of young people through her love of literature.



Halstead, Dee

Her claim to fame is organizing materials that will aid in a students' future endeavors.

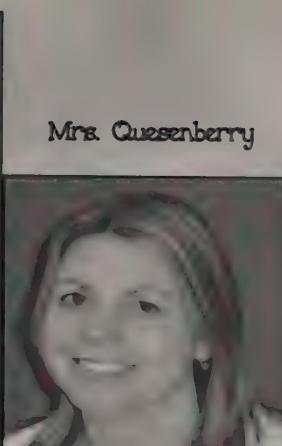


Her claim to fame is organizing and collecting money and receipts to help fund clubs and organizations.



Her claim to fame is having a welcoming smile and hello to everyone that enters the office.

Mr. Duffield



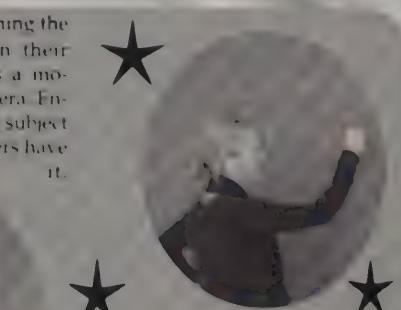
Mrs. Tasker

Mrs. Quesenberry

Mr. Gray

Mrs. White

Passions - While watching the students work hard on their english, Mr. Scott takes a moment to pose for the camera. English is a very interesting subject to teach and many teachers have a passion for it.



Step by Step - All work, no play. Here teacher Mrs. Mann writes homework assignments on the board. Even though most students do not enjoy doing homework, it is a great way to improve your skills.



Cops-Please do not arrest! Mr. Cole is the guy to tell you about criminal justice. Not only is he a great teacher but he is an awesome cop as well.

Zoom. - Rushing down the hall, Mr. Collins stops for a quick picture. Being assistant principal is perfect for this guy.

Next-In preparation for the beginning of class, Mr. Mitchell reviews his notes. The camera crew asks for a brief picture before class begins.



Mr. Mitchell



Mr. Gray



Mrs. Quesenberry



Mr. Duffield



First Business.- In her class school work always comes first. Mrs. Alvis puts notes on the overhead while speaking to her class.



Extra-Learning a new language is very exciting, especially with Mrs. Tasker as your teacher.

Smart Guy - As the students take notes, Mr. Scott looks over some work. Taking notes may not be fun, but it helps students learn more.



To be Announced - Reading aloud to her class, Mrs. Quesenberry adds life to many characters in the story. This makes reading more interesting.



Modern Marvels - The students work very quietly and Mr. Scott looks at them in amazement. Is this a joke or are they really being good students?



Just Shoot Me - Getting her picture taken, Mrs. Mann smiles at the camera. School pictures are always fun.

Boston Public

Lets go to Work - Concentrating on his work, Mr. Collins looks down, not knowing that his picture is being taken.



Real World - As her students work very hard in the library, Mrs. Quesenberry daydreams off into space. Sometimes it is hard to stay focused.

A New Beginning
of a Wonderful Future

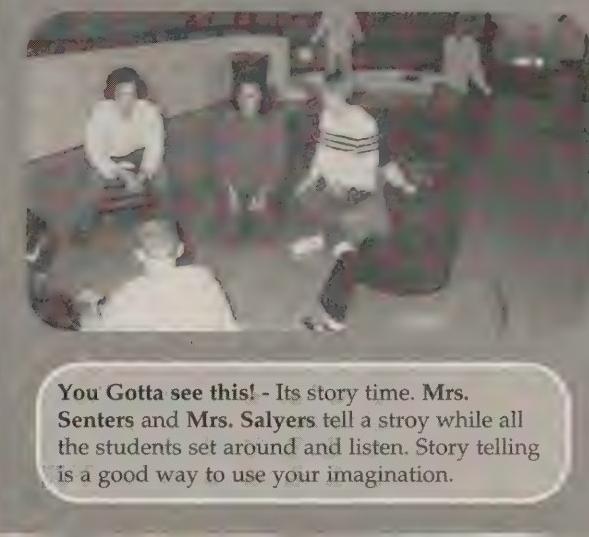
"Mr. Cole is the coolest cop I know. He is of course the only cop who hasn't tried to arrest me yet."

- Daniel Dunnington

"Mrs. Quesenberry is a very generous teacher. I love the way she teaches because she makes the class fun and interesting." - Christy Parker

"Mr. Duffield is a great teacher. I look forward to his class everyday. He has a unique way of teaching and he's a cool homie." - Clyde Nephilin

What do
the
students
think
about
the new
teach-
ers?



You Gotta see this! - Its story time. Mrs. Senters and Mrs. Salyers tell a stroy while all the students set around and listen. Story telling is a good way to use your imagination.



Q: What important skills should students learn in order to survive in today's society?

A: All students should be life long learners and have a thirst for knowledge. I believe you should always want to imporve yourself.

Q: What qualities make a good teacher?

A: A good teacher should always wnat to better themselves. They should always care about teaching and your students and have a passion for it.

Q: What is your philosophy of education?

A: Always challenge the student, provide them with means to make it and they will succeed.

Brittany Sourbeer



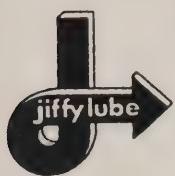
Brittany Sourbeer

It seems like yesterday when you started kindergarten, and now you are graduating from high school. You have accomplished so much during these years, and we are so very proud of the beautiful young woman you have become. Congratulations!

We love you,
Mom, Dad, & Brooke



Jiffy Lube



(540) 466-4007

Steve Miller
Manager

3150 Lee Highway
Bristol, VA 24201
(Lee Hwy at Exit 7 off I-81)

Econo Lodge



Bristol, VA
912 Commonwealth Ave.
Bristol, VA 24201
276-466-2112 Fax: 466-0045
email: va169@apluslodging.com
www.apluslodging.com

Randy Sluss
General Manager

Allen Management, Inc. Property



BRISTOL SCHOOL OF HAIR DESIGN

Courses: Cosmetology • Nail Technician • Teacher Training •
Natural Hair Stylist • Shampoo

Services: Perms • Cuts • Color • Facials • Nail Services

Ann S. West
Director
(276) 466-4534 (276) 669-2112 805 Commonwealth Ave.
P.O. Box 2021
Bristol, VA 24203-2021

Bristol School of
Hair Design

Good Luck

Class of

2004

A
1
1
s
t
a
t
e



Allstate.
You're in good hands.



Proud Home & Auto Insurance Sponsor

Jeffrey M.Combs, LUTCF
Exclusive Agent
Jeff Combs Agency



Allstate Insurance Company
109 Bonham Rd. Suite 3
Bristol, VA 24202

Phone 276.669.3100 / 276.546.3224
Fax 276.669.9453
After Hours 276.669.0213
Email jeffreycombs@allstate.com
<http://agent.allstate.com/a027860>



RICHARD W. BUCHANAN
President and CEO

191 Bristol East Road, Suite 201 • Bristol, Virginia 24202
Office: 276/466-0404 • Fax: 276/642-7220 • Cell: 423/914-0004

Four Leaf



**COMMONWEALTH
COMMUNITY BANK**

A Branch of Miners and Merchants Bank and Trust Company

Phil Barker
Assistant Vice President
Branch Manager
1897 Lee Highway • Bristol, VA 24201
Phone: (276) 466-1000 • Fax: (276) 466-0209

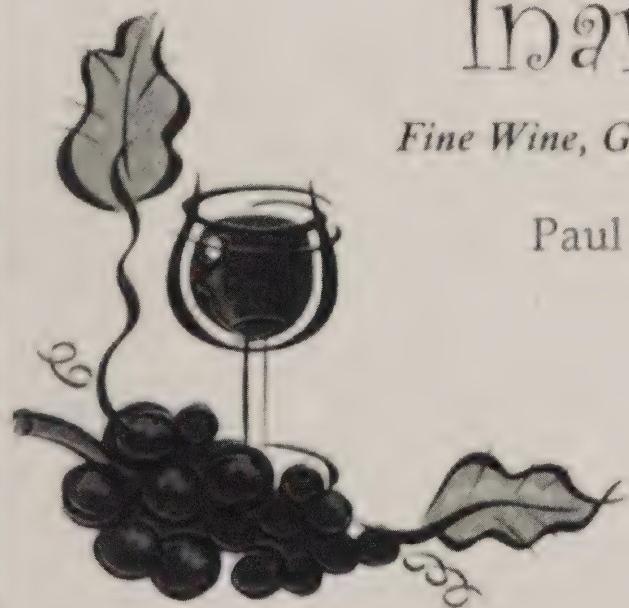
Commonwealth
Community Bank

Inari Wines

Inari Wines

Fine Wine, Gourmet Food, Cheese & Gifts

Paul & Aulikki Brandt



40 Piedmont Avenue
Bristol, VA 24201
(276) 821-WINE (9463)
Info@InariWines.com
www.InariWines.com

Dedication

A&E

Biography

Mrs. Neal



In the library's computer lab, Mrs. Neal stops and smiles for the camera.

MRS. NEAL

Throughout the day.



The Nanny- Never fear!!!! Mrs. Neal is near. This phrase is often heard in the main office when they are unable to find a substitute.



Life in the Word- Often times students seek out Mrs. Neal's expertise in acquiring specific research. Many classes require to do an in-depth research.



Step by Step- Searching through the stacks, Mrs. Neal helps senior Ana Smith find a requested book.



1-800 Missing - Many times Mrs. Neal escapes the pressures of a librarians life by camouflaging amongsts the books.



A Perfect Partner - Scanning an encyclopedia, Mrs. Neal looks up some information for a student.

"**MRS NEAL IS PERHAPS THE MOST CREATIVE AND INTOXICATING CHARACTER I KNOW. SHE HAS INSPIRED ME IN SO MANY WAYS. SHE HAS TAUGHT ME TO LOVE LIFE AND GRAB EACH DAY AND MAKE THE MOST OF IT. I HOPE THAT I CAN ASPIRE TO BE THE TYPE OF EDUCATOR THAT SHE IS: COMPASSIONATE, HARD-WORKING AND DEDICATED."**

--Ms. Palmer

The Good 'Ol Days



Here, Mrs. Neal helps her student helpers, Justin Hall and Anna Monroe, check out a book for Chris Wilson.



To Kill a Mocking Bird

"I love this book because it had so much to say about the times in which it was written."

Little Women

"I like this book because I read it when I was a little girl, and it was a book about little girls. It became one of my favorite books"

Looking up from her work, Mrs. Neal smiles for the camera. Mrs. Neal is always busy.



Valley of the Dolls

"This book changed my life. It was the first adult themed book ever read I was in the 9th grade when I read it and it opened up a new genre of literature to me."



1
1 Cram-Checking her paper for mistakes, sophomore Morgan Smith tries to make it the best it can be. Being in IB classes requires a student to write many papers.

2
2 Boy Meets World-Trying to concentrate on his work, senior TJ Slagle is distracted by other students in the classroom. Students must work hard all day everyday to achieve good grades in school.

3
3 Killer Instinct-Thinking hard on his problem, freshman Craig Lewis concentrates to figure it out. The work students do in class is just as important as homework.

True Hollywood Story



G.P.A.-4.55
Proposed College
Attending-UVA
Favorite IB Course-
20th Century Topics



G.P.A.-4.56
Proposed College
Attending-Yale or UVA
Favorite IB Course-20th
Century Topics



G.P.A.-4.6
Proposed College
Attending-Washington
University
Favorite IB Course-20th
Century Topics

Personality Profile-Mrs. Propst

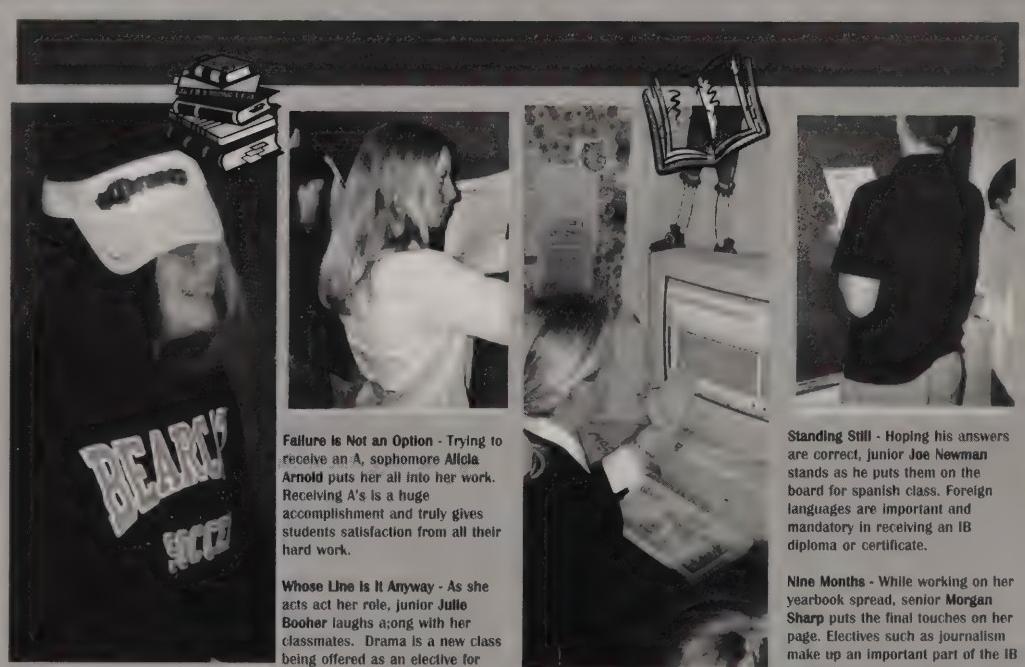
Why do you think there are not many full IB students? IB is a rigorous, time-consuming curriculum. Few students are willing to dedicate the time that is necessary.

How is it worth taking the really hard IB classes in the long run? A student who likes a challenge and wants the best preparation for college should go for it for his own education and academic growth.

How many hours must a student be willing to give if they take an IB course? That depends on the course and the grade the student wants to make. Any IB course requires much work outside of class.

Do you treat your IB students the same as your non-IB students? I am probably harder on my IB students than on others because I expect them to challenge themselves.

Why do colleges look at IB students so highly? Not all of them do, but schools that accept IB credit know that a student with an IB diploma is willing to work.



Failure Is Not an Option - Trying to receive an A, sophomore Alida Arnold puts her all into her work. Receiving A's is a huge accomplishment and truly gives students satisfaction from all their hard work.

Whose Line Is It Anyway - As she acts out her role, junior Julie Boohar laughs along with her classmates. Drama is a new class being offered as an elective for students.

Standing Still - Hoping his answers are correct, junior Joe Newman stands as he puts them on the board for Spanish class. Foreign languages are important and mandatory in receiving an IB diploma or certificate.

Nine Months - While working on her yearbook spread, senior Morgan Sharp puts the final touches on her page. Electives such as journalism make up an important part of the IB curriculum.

Futurama-While working on computers, senior Joey Roark and sophomore Christina Rogers gain skills they'll use for the rest of their lives. In jobs today computer skills are extremely important.

Mary
Wampler

1

2

3

4

5

6

7

8

9

10

Top Ten Reasons You
You've Been in
long.....

Submitted By: <http://www.geocities.com/southbeach>



Top Seventeen Schools Who Offer AP Courses

1. Choate Rosemary Hall

2. Taft

3. Episcopal High

4. Miss Hall's

5. Northfield Mount Hermon

6. Pomfret School

7. Berkshire School

8. Hotchkiss School

9. Hotchkiss

10. St. George's

11. Hill School

12. Phillips Exeter

13. St. Andrews

14. St. Marks

15. Cate School

16. Kent School

17. Middlesex School



Come 'Away With Me



All-American Guy - In a gentlemen fashion this escort helps his date Lindsey Branch into his vehicle. Prom gives students an opportunity to have a romantic evening out with their significant other.

Boogie Nights - During a traditional line dance, these students slide to the music of the disc jockey. Dancing is always a highlight of the festivities.



Double the Fun - With a close friend Megan Evans poses for another friend. Many pictures are taken to remember the event forever.



Three's Company - Taking a break from a night of dancing and fun these students take advantage of the beautiful table settings and scenery that the prom committee has created. The prom committee works long, hard hours to present a memorable prom each year.



Taxi Driver - Preparing to park, Kelly Maples and Jonathan Derden look at the window to see who has arrived. The grounds of the school are flourished by many participants at the parade to the doors that lead to the event.



Close Encounters - Snatching a shake from a buddy, junior **Scottie Worley** makes his rounds through the crowd.



Could It Be? In a lavish outfit made from duck tape, senior **Neil Hebbert** shows his fashion sense.



A Height of Measure - The famous Eiffel Tower looms over the festivities of the night. Many props are constructed to create a scenic prom overlook.

Each year the prom provides students with the opportunity to dress up and enjoy a night out with their peers. The night usually begins with a relaxing picture taking and a meal with friends and families. As the night goes on they are available for a variety of activities that allow people to spend time with you. The word if we could "Leave Away With Me" the night is filled with fun, laughter and fun-loving. The memories of high school are transformed into an memorable evening.

It's Good to Be



ANOTHER GREAT YEAR HAS COME AND GONE AT VIRGINIA HIGH, AND OUR SENIORS ARE READY TO HEAD OFF TO COLLEGE. THIS YEAR HAS BEEN GREAT, BECAUSE OUR ATHLETICS AS WELL AS OUR ACADEMICS HAVE DONE EXTREMELY WELL. VIRGINIA HIGH HAS A NEW DRAMA DEPARTMENT, A NEW TROPHY CASE AND A NEW SUPPLY STORE. THE HALL, LOCKERS AND THE LIBRARY HAVE GOTTEN FRESH COATS OF PAINT, AND THE SCHOOL GOT A NEW ASSISTANT PRINCIPAL, MR. COLLINS. THIS SCHOOL YEAR HAS BEEN ONE OF CHANGE AND GROWTH FOR OUR SCHOOL, AND WE ALL WANT TO WISH OUR SENIORS GOOD LUCK AS THEY VENTURE OFF TO NEW PLACES START NEW AND CHANGING LIVES.



King of the Hill - As she climbs the balcony on the West Side Story set, senior Jerry Goodpasture swings around for a quick perfect photo



7th Heaven - Friends Morgan Combs, Courtney Wright, Ellen Tidwell, and Mollie Salyer put on a big smile as they help each other get ready to go out.



at VHS

Sister-Sister - all dressed up and no place to go is the problem that Jerry Goodpasture, Julie Ward and Mollie Salyer have as they wait around back stage of the Camp Pappy Auditorium.



Gilmore Girls - Look at how much fun Ellen Tidwell, Karissa Skeens, and Morgan Combes have dressing up before the play.

Charmed - Showing off his devilish charm, Scottie Worley demonstrates how exactly to capture the attention of that special woman.



Rugrats - Trying to hold still for a split second to get a picture taken is just too much to ask for his group of crazy girls

The Incredibal Hulk - Ready to rumble the guy, Cory Doss, Tommy Childress, Scottie Worley, Willie Oaks, Joss Dotson and Mark King get pumped up and aggressive.



Home Again - Those little biff Villas, Sarah Emery Myrlis, Momyngs, Josh Hamby, Brandon Price and Mrs. Palmer got together to build set for their Comedy and Spring Fling.

It's Good to Be



Another great year has come and gone at Virginia High, and our seniors are ready to head off to college. This year has been great, because our athletics as well as our academics have done extremely well. Virginia High has a new drama department, a new trophy cases and a new supply store. The hall, lockers and the library have all gotten fresh coats of paint, and the school got a new assistant principal, Mr. Collins. This school year has been one of change and growth for our school, and we all want to wish our seniors good luck as they venture off to new places start new lives.



7th heaven - Friends Morgan Combs, Courtney Wright, Ellen Tidwell, and Mollie Salyer put on a big smile as they help each other get ready to go out.



at VHS

Sister-Sister - all dressed up
and no place to go is the problem
that Jerry Goodpasture, Julie
ard and Mollie Salyer have as
they wait around back stage of the
amp Pappy Auditorium.



Gilmore Girls - Look at how
much fun Ellen Tidwell, Karissa
Skeens, and Morgan Combes
have dressing up before the play.



Rugrats - Trying to hold still for
a split second to get a picture
taken is just too much to ask for
this group of crazy girls



Home Again - Home little Bob
Villen, Sarah Loney, Britta
Minneapolis, Josh Hamby,
Bramber Pratt and Mrs. Patrice
got together to build set for the
->-> play and Spring Festival.



1 Cram-Checking her paper for mistakes, sophomore Morgan Smith tries to make it the best it can be. Being in IB classes requires a student to write many papers.

2 Boy Meets World-Trying to concentrate on his work, senior TJ Slagle is distracted by other students in the classroom. Students must work hard all day everyday to achieve good grades in school.

3 Killer Instinct-Thinking hard on his problem, freshman Craig Lewis concentrates to figure it out. The work students do in class is just as important as homework.

True Hollywood Story



G.P.A.-4.55
Proposed College
Attending-UVA
Favorite IB Course-
20th Century Topics



G.P.A.-4.56
Proposed College
Attending-Yale or UVA
Favorite IB Course-20th
Century Topics



G.P.A.-4.6
Proposed College
Attending-Washington
University
Favorite IB Course-20th
Century Topics

Personality Profile - Miss Propst

Why do you think there are not many full IB students? IB is a rigorous, time-consuming curriculum. Few students are willing to dedicate the time that is necessary.

How is it worth taking the really hard IB classes in the long run? A student who likes a challenge and wants the best preparation for college should go for it for his own education and academic growth.

How many hours must a student be willing to give if they take an IB course? That depends on the course and the grade the student wants to make. Any IB course requires much work outside of class.

Do you treat your IB students the same as your non-IB students? I am probably harder on my IB students than on others because I expect them to challenge themselves.

Why do colleges look at IB students so highly? Not all of them do, but schools that accept IB credit know that a student with an IB diploma is willing to work.



Failure Is Not an Option - Trying to receive an A, sophomore Alicia Arnold puts her all into her work. Receiving A's is a huge accomplishment and truly gives students satisfaction from all their hard work.

Whose Line Is It Anyway - As she acts out her role, junior Julie Booher laughs along with her classmates. Drama is a new class being offered as an elective for students.

Standing Still - Hoping his answers are correct, junior Joe Newman stands as he puts them on the board for Spanish class. Foreign languages are important and mandatory in receiving an IB diploma or certificate.

Nine Months - While working on her yearbook spread, senior Morgan Sharp puts the final touches on her page. Electives such as journalism make up an important part of the IB curriculum.

Futurama-While working on computers, senior Joey Roark and sophomore Christina Rogers gain skills they'll use for the rest of their lives. In jobs today computer skills are extremely important.

Top Seventeen Schools
Who Offer AP Courses

1. Choate Rosemary Hall
2. Taft
3. Episcopal High
4. Miss Hall's
5. Northfield Mount Hermon
6. Pomfret School
7. Berkshire School
8. Hockaday School
9. Hotchkiss
10. St. George's
11. Hill School
12. Phillips Exeter
13. St. Andrews
14. St. Mark's
15. Cate School
16. Kent School
17. Middlesex School



1

2

3

4

5

6

7

8

9

10

10 Reasons You
You've Been in
Long.....

Submitted By: [http://
www.geocities.com/
southbeach](http://www.geocities.com/southbeach)

Paramount



THE
PARAMOUNT
CENTER FOR THE ARTS

Harry Scanlan
Executive Director

518 State Street
Bristol, TN-VA 37620
www.theparamountcenter.com

Phone (423) 274-8920
Fax (423) 274-8937
scanh@earthlink.net

Gillenwater



**Gillenwater Chiropractic
and Acupuncture Center**

DR. T. H. GILLENWATER, D.C., FIAMA

2110 Euclid Avenue
Bristol, Virginia 24201
276-669-8683

SPECIALIZING IN SPINE AND NERVE REHABILITATION

James P. Callanan

721 Commonwealth Ave.
Bristol, VA 24201

James P. Callanan, O.D.

Doctor of Optometry



Telephone: (540) 466-3420
Fax: (540) 466-3387

OFFICE HOURS
BY APPOINTMENT

350 BLOUNTVILLE HWY., SUITE 206
BRISTOL, TN 37620

L.Sean Mullins

Member
American Association of
Orthodontists



TELEPHONE
(423) 764-4174
(423) 764-4175 FAX

L. SEAN MULLINS, D.D.S.
SPECIALIST IN ORTHODONTICS

Williams and Co.



High Technology Precision • Distinctive Craftsmanship

- About Our Services
- Meet Our Clients
- Where To Find Us
- Our Facilities

PO Box 189, 101 Vance Street, Bristol, VA 24201
540-466-3342 • 800-446-9370 FAX (540)466-8501
216 Established 1937 216

website: <http://www.williamsusa.com>

email: info@williamsusa.com

Harry Williams , President
John Mort, Shop Supervisor

Craig Kisner , Purchasing Agent
Steve Fletcher, Customer Service

Dawn Wright, Office Manager

John V. Compton, III

Compton's
Cleaners & Laundry
"At Your Service"
JOHN V. COMPTON, III
Family Owned Since 1957

Goodpasture Motors

GOODPASTURE MOTOR COMPANY, INC.

3415 Lee Highway, Bristol, Virginia-Tennessee 24202
Sales/Service: (276) 669-0311 • Parts: (276) 669-3191
Fax: (276) 669-0393
Email: fgoodpasture@goodpasturemotor.com

 **FRANK GOODPASTURE III**
PRESIDENT



Cranberry Lane

Three Locations to Serve You

Home Accent's Direct
2270 Two Rivers Blvd.
Sevierville, Tennessee 37867

623 State Street
Bristol, Virginia 24201
276-669-9899

Shipping & Billing Address: 616 Alabama Street, Bristol, Tennessee 37620
423-764-0836 FAX 423-764-0619 CELL 423-612-4053
SHIRL MIKEAL, Owner

Cranberry Lane



333 Bluff City Highway
Bristol, Tenn.

"Best Breakfast In Town"

GOOD FOR 3 CIRCLE BURGERS
ANYTIME

Open
7:30 a.m.-8 p.m.
Closed Sunday

Blue Circle

Blakley-Mitchell

JIM MCFADDIN



BLAKLEY-MITCHELL COMPANY
EXCLUSIVE

MEN AND YOUNG MEN'S STORE

517 State Street
BRISTOL, VIRGINIA 24201
540-669-0116 • FAX 540-669-0117



Arrington Schelin & Herrell

ARRINGTON SCHELIN & HERRELL, PC

The People's Law Firm

ACCIDENTS AND DISABILITY

**PERSONAL INJURY
SOCIAL SECURITY DISABILITY
VA AND TN WORKERS' COMPENSATION**

Offices Located In

*Bristol * Kingsport * Johnson City * Lebanon * Norton * Grundy*

Free Consultation

1-800-336-4062 or 276-669-9111

Authorized by James E. Arrington, Jr., 1315 Euclid Avenue, Bristol, VA

Associated Construction Services

**ASSOCIATED
CONSTRUCTION
SERVICES, INC**
GENERAL CONTRACTOR

WILLIAM H. THOMPSON
PRESIDENT

100 FIFTH STREET
SUITE TWO WEST
P O BOX 1787
BRISTOL, TN 37621

(423) 968-7822

(423) 968-5930 FAX

MOUNTAIN SPORTS, Ltd.

1021 Commonwealth Avenue
Bristol, VA 24201

BOB DUNNERS

Phone: (276) 466-8988
Fax: (276) 466-8083
www.mountainsportsltd.com
E-Mail: mtnsports@naxs.net

FleetPride

Heavy Duty Experts

3528 Lee Highway
Bristol, Virginia 24201

Tel **276.669.7833**
Toll Free **800.562.4881**
Fax **276.669.9535**

Jimmy Scott
Branch Manager

www.fleetpride.com

Bristol Auto Glass
14341 Lee Hwy.
Bristol, Virginia 24202

Phone: (276) 466-6615
1-888-466-6615

Fax (276) 466-6105
Free Estimates

Pam Davenport, CSR

Bristol Auto Glass

Aluminum • Commercial • Fiberglass • Bed Liners • Other Accessories

Trav-A-Lite

Aluminum Truck Caps

Brian Leonard

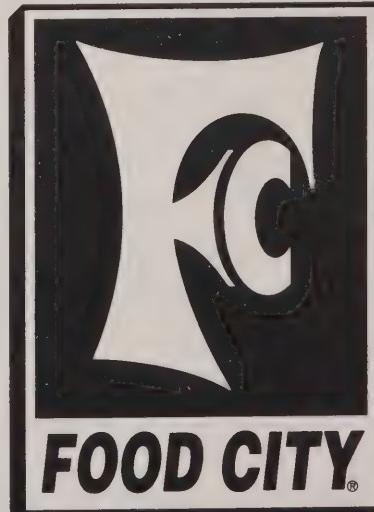
Vice President

21498 Trav-A-Lite Drive
P. O. Box 114
Bristol, VA 24203

1-800-793-8929
276-669-2681
276-Fax 669-2045

Trav-A-Lite

FOOD CITY



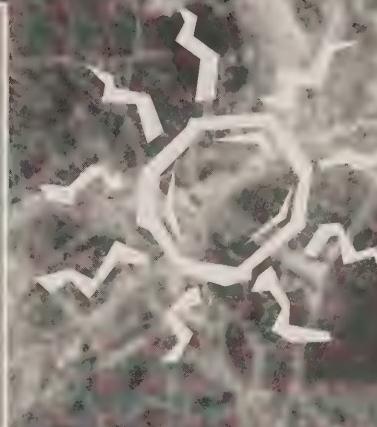
The Food Experts.

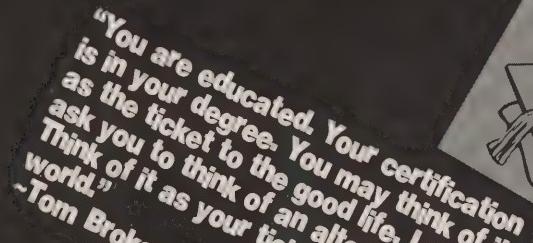
Closing

Senior Song:
Eve 6
Here's to the Night



"All my time is frozen motion.
Can't I stay an hour or two or more?
Don't let me let you go.
Here's a toast to all those who
hear me all too well. Here's to
the nights we felt alive. Here's to
the tears you knew you'd cry.
Here's to goodbye - tomorrow's
gonna come too soon"




"You are educated. Your certification
is in your degree. You may think of it
as the ticket to the good life. Let me
ask you to think of an alternative.
Think of it as your ticket to change the
world."
~Tom Brokaw

"It is clear the future holds
great opportunities. It also
holds pitfalls. The trick will
be to avoid the pitfalls,
seize the opportunities,
and get back home by six
o'clock. ~Woody Allen

I am really looking forward to my senior year because I will be able to travel with my French but I am also
excited that good times must end so better times may begin and I definitely have a few goals I want to achieve.

What aspect of being a senior are you most looking forward to?

I am looking forward to my senior year because the year has not been very interesting but I would like to hang out with my best friend. I probably wish I had done a lot of things differently but overall I'm happy with how I turned out.

Melissa Sullivan

First
Impressions

First Impression
Merle Norman & The Spa

276-669-1053 276-669-7040
Fax 276-466-8462
313 Gate City Highway
Bristol, Virginia 24201

King Benevolent Fund



THE LOTUS
STOREHOUSE

The Face of
GOD



Erica Baldridge

Executive Director
King Benevolent Fund, Inc.

King Benevolent Fund, Inc.

1112 Contingency Hill Ave. • Bristol, VA 24201

Phone: 276-466-3014/800-321-9234 Fax: 276-466-0541

Welcome

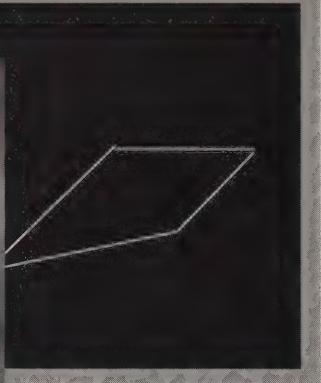
**JAMES M. SEAVER, D.D.S.
TYLER L. PITTMAN, D.D.S., P.C.**

General and Preventive Dentistry for the Entire Family



1740 Euclid Avenue • Bristol, Virginia 24201

Track



Team Picture- Taking a moment for a picture, the track team gears up for their meet. Enjoying the time together, the team instills a sense of community into an otherwise everyday activity.



Leading the Team- Verifying that everything is in order, **Coach Byington** is a valuable resource for the track team. Many sports teams have dedicated mentors who lead them to victory.



Set It Off- Throwing with all of her might, Freshman **Brooke Shepard** gives her audience a show to remember. Many athletes help the school by entertaining spectators.



Down Time- Preparing for the meet, Freshman **Brittany Fields** takes a moment to relax. Entering the meet calm and refreshed often helps the athlete win.



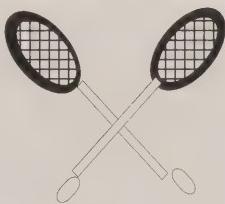
Speed- Burning up the track, the runners display the dedication and resilience typical to a track member. Numerous athletes display these characteristics with their unending will to succeed.

Presenting... Tennis!

The Virginia High tennis program promotes energy, comradery, and athletic achievement. The players benefit from the pride of victory, while the audience never lacks a source of entertainment. We thank the tennis teams for a wonderful season!

HOME

40



VISITORS

LOVE



Working Together- Coming together, each individual has an integral role in making the tennis team successful. Many players contribute to the elements that make the season memorable.



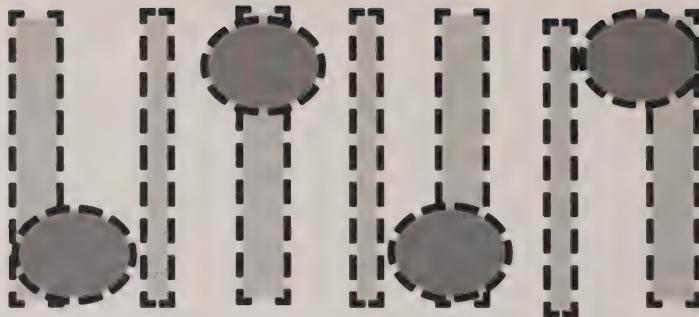
Teamwork- Posing for the camera, the boys' tennis team displays not only their creativity, but also solidarity and friendship. School sports and activities often encourage this type of bond.

SPECIAL HONOR
FIRST SEAT (GIRLS)
ELLEN TIDWELL

SPECIAL HONOR
FIRST SEAT (BOYS)
RYAN CALLANAN



SOFTBALL



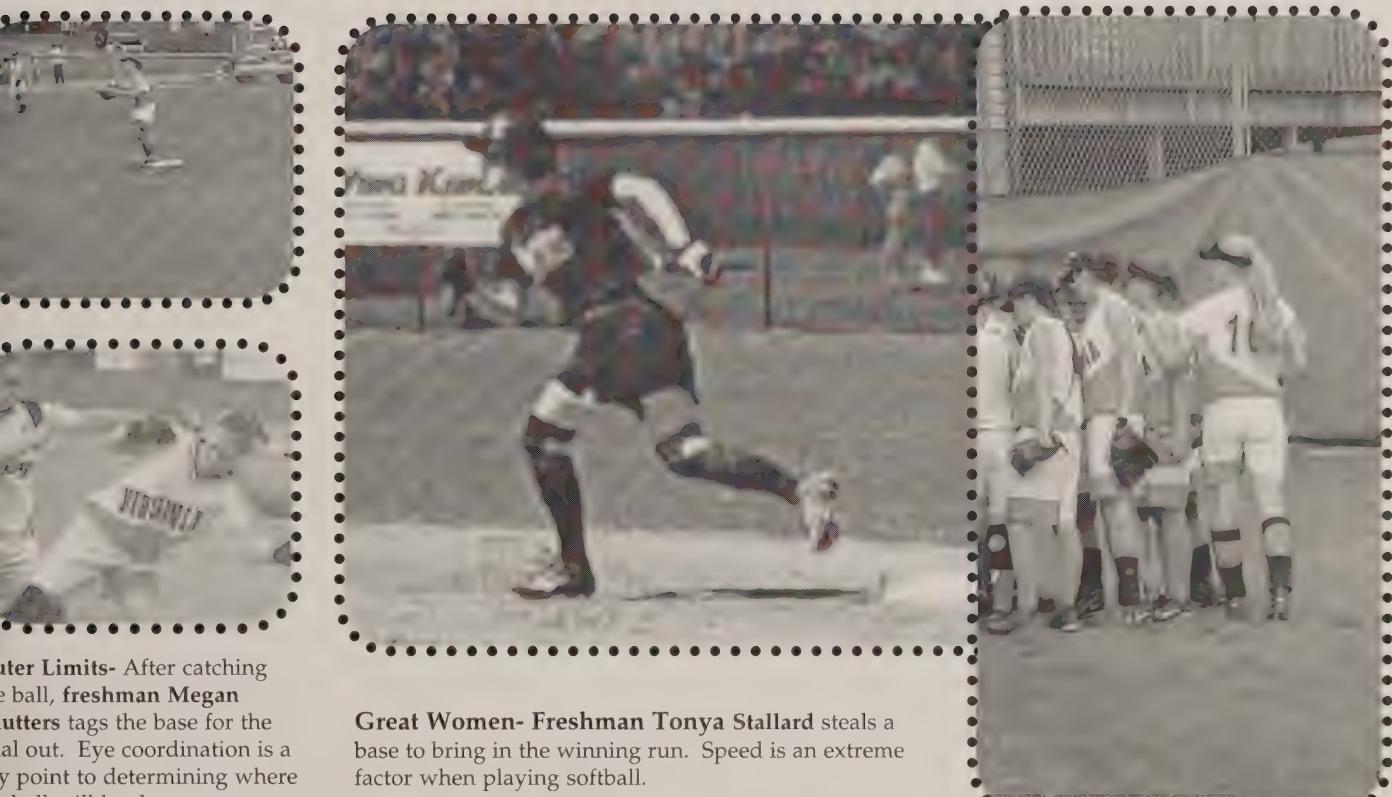
Back (Left to right)- Eric Senter, Ronnie Davis, and Barry Read

Middle (Left to right)- Katie Pittman, Tonya Stallard, Heather Martinez, Amanda Smith, Courtney White, Megan Shutters, and Angel Foster

Front (Left to right)- Melissa Smith, Lindsey Branch, Jenna Wagner, Megan Branson, and Heather Scragg

2004 Varsity Schedule

Opponent	Location	Time	Results
Sullivan East	Home	6:00	
Tenn. High	Home	5:00	
Marion	Home	6:00	
Tazewell	Away	5:00	
Lee	Away	5:00	
Abingdon	Away	6:00	
Marion	Away	6:00	
Tazewell	Home	6:00	
Lee	Home	6:00	
Abingdon	Home	6:00	



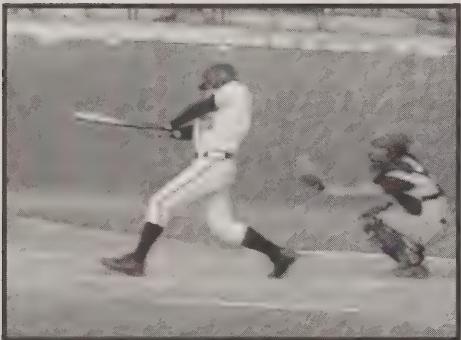
Outer Limits- After catching the ball, freshman Megan Cutters tags the base for the ball out. Eye coordination is a key point to determining where the ball will land.

Hammy- As the ball leaves the glove, senior Lindsey Branch is safe on base. Softball requires both skills and determination.

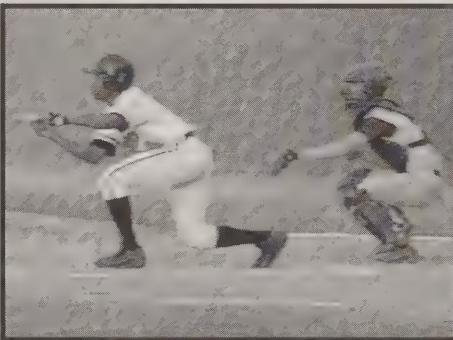
Great Women- Freshman Tonya Stallard steals a base to bring in the winning run. Speed is an extreme factor when playing softball.

Lets Go To Work- As they prepare to take the field the girls' softball team gathers around for a quick talk. Communication with teammates is extremely important in sports.

2004 Virginia High Bearcats Team Roster: Josh Trent (1), Justin Grimm (2), Daniel Stevens (3), Clyde Nophlin (4), Heath Williams (5), T.J. Slagle (6), Doodle Hicks (7), Kregg Mabe (8), Hunter Greer (9), Trent McVey (10), Kevin Morrison (11), Logan Limburg (14), Trey Francisco (15), Zak Messer (17), Steven Woods (18), Matt Grimm (19), Adam Sullins (21), Ryan Jordan (23), Willie Oaks (24), Preston Smith (27)



Swiiing! - Ripping a power shot, Kevin Morrison lets one fly to left field. A powerful and accurate swing is crucial to hitting the ball well.



Going in Close - Here Clyde Nophlin switches up the game with a bunt. Keeping your opponent on their toes is key.



Batter Up! - Stepping up to the plate, Matt Grimm prepares himself for the next pitch. When batting, anticipation is essential.



"I think we are a very focused team who knows how to get the job done. I've enjoyed this year very much and I'm proud of our team."

- Doodle Hicks

"Being part of the baseball team has been one of my favorite memories. I have learned self-discipline and most importantly the rewards of teamwork."

- T.J. Slagle



"We had a strong season with some great moments. I hope we can do even better next year and I definitely look forward to it."

- Daniel Stevens



"I love baseball; I put my heart into it and that's what I want to do with my life. The whole process is also very mental."

- Willie Oaks





Full Count - Ready to unleash a fastball, Doodle Hicks takes his stance. Not only is it good form, but intimidating, too!

This was a really good year for baseball. I think the main thing about this season is that we got better. As the season went on, we just kept improving and I'm really proud of that. We laid the groundwork for next year and I look forward to going for the District Title. We had a good team and a great group of seniors - several of them have a lot of talent and bright futures. I wish them all good luck in their future careers. Overall, I'm really pleased with this team and this season. And the greatest thing about the game isn't just the competition - it's the life lessons these kids learn from playing it. I really think everyone has learned a lot this year and that's one of the most important things.

- **Mark Daniels**
Head Coach

BASEBALL

2004 Season Scoreboard

Date	Location	Opponent	Score
March 26	Home	Marion	5-0 W
April 15	Away	Tennessee High	3-4 L
April 16	Away	Lee High	9-4 W
April 29	Home	Sullivan South	12-8 W
April 30	Home	Abingdon	1-3 L
May 4	Away	Lazwell	5-4 W
May 5	Away	Sullivan East	3-7 L
May 7	Home	Lee High	9-1 W
May 11	Home	John Battle	7-3 W
May 14	Away	Marion	14-0 W
May 17	Home	Tazwell	9-1 W
May 21	Away	Abingdon	3-5 L



Team Meeting - Gathering at the mound, the team prepares for the next inning. Being able to work together as a team is vital to the game.



Help Me Out, Coach - Here Adam Sullins listens to his Coach Lee. Coaches help both during practice and real games.



Ready to Run - Taking a leadoff, Doodle Hicks watches the pitch carefully. Anticipation helps to give players an advantage in the game.



Going, Going, Gone - Sending a ball flying, Doodle Hicks takes a quick look before heading to first base. Players must learn to manage both ends of the game to succeed.

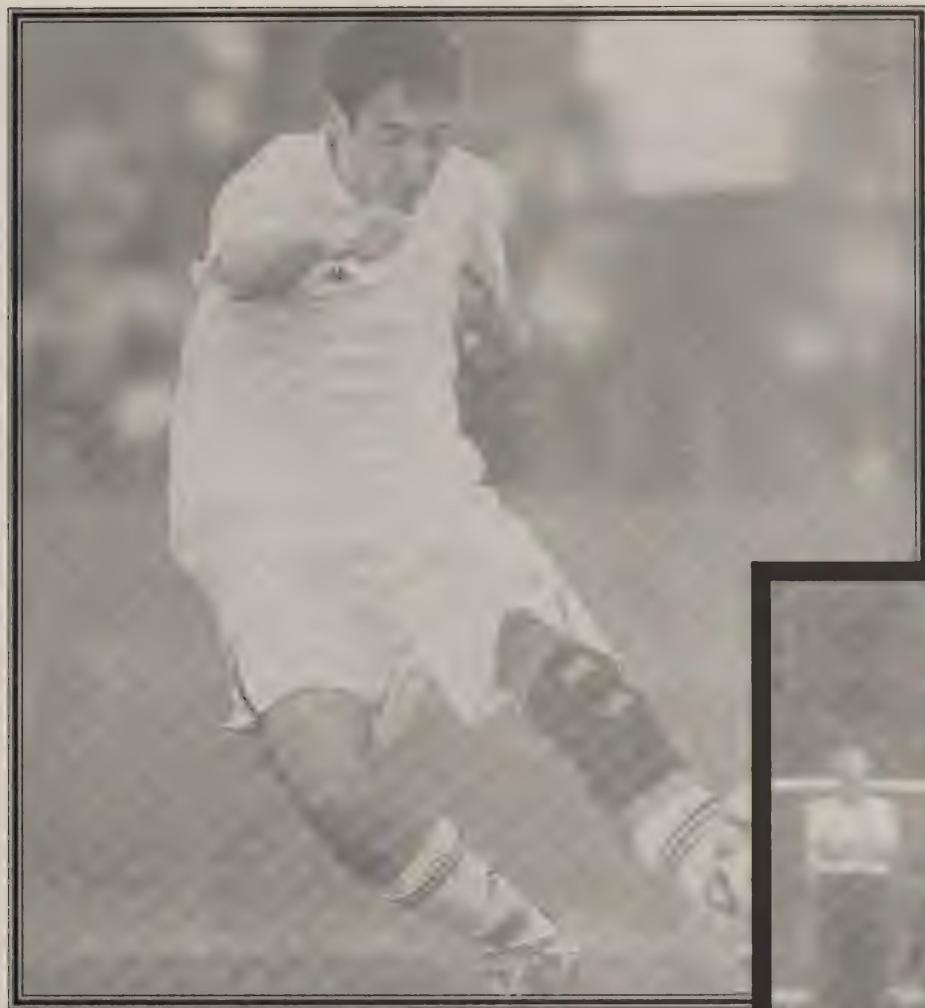
Take Me Out to the Ballgame - Humming everyone's favorite tune, Justin Grimm ponders his glove. Players learn to occupy themselves while out in the field.



Safe! - Sliding back to base, Clyde Nophlin barely makes it in time. Fast reflexes and good judgement are needed to do well in the game.

(SLAM)





AUTOGRAPHS

Leslie Brooke Sullins



You are the best daughter that a parent could ever be blessed with. To say that you have made us proud is to say the very least. Our love for you is stronger than you will ever realize. It will be with you wherever you go! You are a beautiful young woman and we've asked God's continued blessings over you!

**We Love You,
Mom, Dad, & Amber**



Good Luck Senior Girls!





Danna,

Please a clean and watchful gaze. Take the
stage and steal the show. Wish you would enjoy
the role. Give off drama all in due time. Take a
bow for all you do and know that others see it too.

May your dreams come true.

Love,

Mom, Mom, Grammy

Jesse, and Grace



Carico, Matt Fore, and Courtney Wright. Some of the well known skits acted out by the drama classes were Mary Catherine Gallagher, Hans and Franz, James Brown Celebrity Hot Tub, Spartan Cheerleaders, Church Lady, and Celebrity Conundrum. The talent acts also followed the Spring Festival.

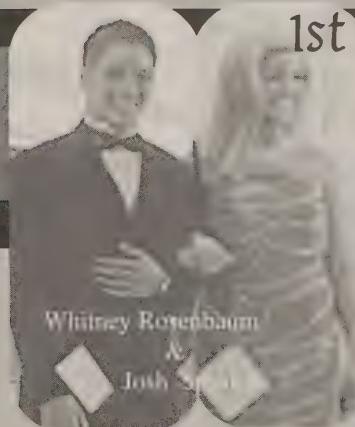
Mrs. Neal. This year required cooperation between all the parties involved: the talent acts, the drama skits, the walkers and the crew. Perhaps this interaction between all different types of students to create a production of this size is what has made Spring Festival a long living tradition in Virginia High history. This year the winner of Mr. & Mrs. Virginia High were Mallie Salyer and Trent McVey. The 1st runners-up were Whitney Rosenbaum and Hallie Gandy. The 2nd



Trent McVey



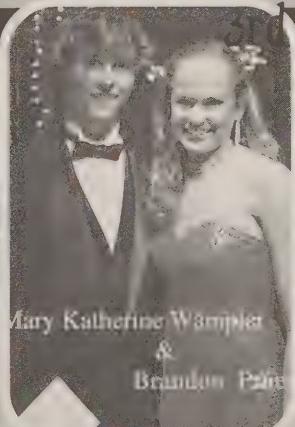
Mr. & Mrs. Virginia High



Whitney Rosenbaum
&
Hallie Gandy



Trevena
Stevens
&
Matt Fore



Mary Katherine Wampler
&
Brandon Park



Courtney Wright
&
Matt Fore

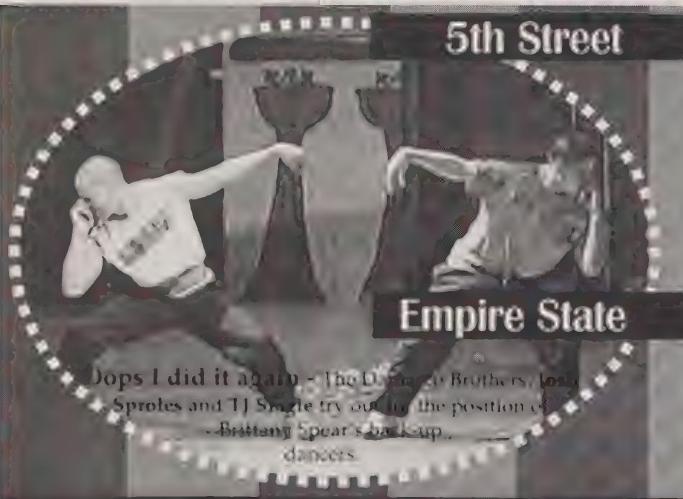
Time Square



Central Park

"Live from NY it's... - Tommy Chong, Eric Leonard, Landan McMurray, and Jason Compton play "Smells Like Teen Spirit" by Nirvana

5th Street



Empire State

Dops I did it again - The D'Angelo Brothers, Los Srones and TJ Single try out for the position of Britney Spear's back-up dancers.

Pennsylvania Ave.

Rockefeller Center

I'll Take S-words
for six billion
playing a card game
Alex Trebek & Leslie Epling in the hilarious drama class
Celebrity Jeopardy



\$400 \$

\$600 \$

\$800 \$

\$1000 \$

Wall Street

Statue of Liberty

B
R
o
a
d
W
a
y

Saturday Night Live



FOR REFERENCE

Do Not Take From This Room

BRISTOL PUBLIC LIBRARY

A standard linear barcode consisting of vertical black lines of varying widths on a white background.

3 0650 1006 4700 3

(cont'd.)